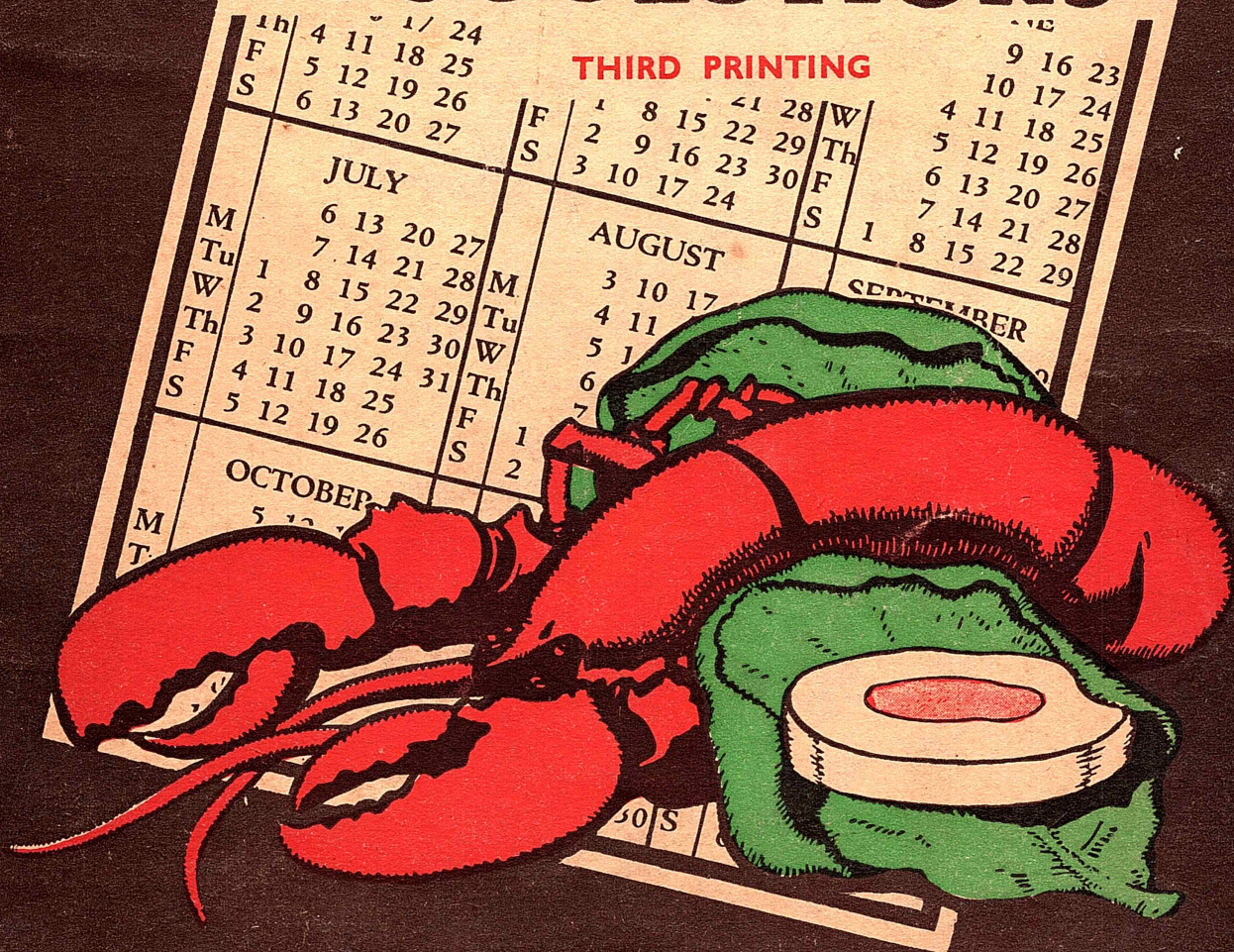


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# SAVOURY SUGGESTIONS

THIRD PRINTING



RECIPES FOR EVERY DAY OF THE YEAR  
ALL DIFFERENT - SEASONABLY ARRANGED



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365  
*Savoury Suggestions*



Recipes for every day  
of the year  
Seasonably Arranged

Third Printing



*Whitcombe & Tombs Ltd.*

CHRISTCHURCH, AUCKLAND, WELLINGTON, DUNEDIN, INVERCARGILL, N.Z.  
LONDON, MELBOURNE, SYDNEY AND PERTH

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## Foreword

Compiled by a New Zealand housewife for other housewives this collection of recipes will be found unique in many ways . . . here are simple instructions for the preparation of tasty dishes for every day of the year, dishes suitable for breakfasts, luncheons, afternoon teas, teas, and suppers, dishes for every possible occasion from the simplest gathering of a few friends to social functions calling for careful catering. There are, too, special recipes for the many festivities held in every home, parties, club meetings, Christmas and other seasonal gatherings. In fact, it is impossible to enumerate the many occasions upon which one or other of these delightful dishes would not be appreciated. It has been the aim of the compiler to avoid the inclusion of recipes containing ingredients unprocurable owing to world conditions; but it will be found that to compensate for this a great number of additional new recipes are provided for seasonal dishes.

Every woman interested in cooking—and who is not?—will find endless pleasure in providing her family and friends with any of these simply prepared delicacies and in observing the satisfaction and delight they bring. To the many who have awaited the publication of this new collection of recipes it is the compiler's sincere wish that they may have the pleasure not only of preparing the dishes but also of their eating.

**HOGMANAY APPETISERS**

Wrap pieces of bacon around small cubes of cheese, stuffed olives, asparagus tips, small pieces of German sausage, cooked sausage meat, small pickled onions, grilled cocktail sausages, chopped nuts, or cooked stoned prunes with a nut replacing the stone. Fasten with wooden skewers or sharpened matches. Grill or bake till the bacon is done. Serve very hot on small rounds of crisp toast.

**1**

**LIVER CROQUETTES**

Pound well 1 lb. of cooked liver and season with pepper and salt. Mix well with  $\frac{1}{2}$  lb. mashed potatoes and 1 beaten egg. Form into sausage shapes, dip in beaten egg and breadcrumbs and fry in hot fat. Serve with fried parsley and bacon rolls.

**2**

**EGG PLANT AND TOMATO CASSEROLE**

Peel an egg plant and cut into rather thick slices. Cut 2 tomatoes into slices and chop 2 onions finely. Grease casserole. Put in the vegetables in layers, adding salt and pepper to each layer. Add 1 tablespoon dripping or bacon fat and 2 tablespoons water. Cover and bake in a gentle oven for about 1 hour. Remove cover and brown before serving.

**3**

**BAKED APPLE SAVOURY**

Take as many cooking apples as required for the meal and remove the cores and a little pulp. Fill cavities with some tasty sausage meat and place in a well-greased baking-dish. Put a small piece of butter on each apple and sprinkle with breadcrumbs. Cook till tender.

**4**

**SUMMER ASPIC**

Take a packet of lemon jelly crystals. Make a pint of jelly in the usual way, substituting  $\frac{1}{2}$  cup of vinegar for  $\frac{1}{2}$  cup of water, and adding salt, pepper, and chopped mint. Pour a little of the aspic into the bottom of individual moulds and allow to set. Put in slices of hard boiled egg, cover with the aspic and set. Continue with alternate layers of sliced egg and aspic till the moulds are full. When set turn out on to shredded lettuce and garnish with slices of beetroot.

**5**

**PICKLED ONION SAVOURY**

Have ready as many thin slices of luncheon sausage and pickled onions as required. Roll each meat slice round an onion and secure with a toothpick. Serve with buttered biscuits.

**6**

## **JAN**

### **PICNIC ROLL**

- 7 One pound steak, 2 eggs, 6 oz. fat bacon, 6 oz. breadcrumbs,  $\frac{1}{4}$  pint stock or water, salt, pepper, chopped parsley or mint. Mince steak and bacon, add breadcrumbs and seasonings, moisten with stock and beaten egg. Form into roll, tie in floured cloth. Put in boiling water and boil for 2 hours. Cool, turn out, sprinkle with browned breadcrumbs. Serve with lettuce and sliced cucumber.

### **ANCHOVY FINGERS**

- 8 Fry slices of stale bread, cut into fingers and split. Put fingers together with the following mixture. Cream 1 tablespoon butter, add 1 tablespoon anchovy paste and a little seasoning. Pop fingers in oven for a few minutes and serve hot.

### **KIPPER SANDWICHES**

- 9 Cook a kipper and flake finely. Moisten with salad dressing. Add grated radish. On a thin slice of bread put a lettuce leaf, then a layer of kipper mixture, then another lettuce leaf, and another slice of buttered bread. Press together and cut into finger lengths.

### **FISH AND GREEN PEA FRITTERS**

- 10 Drain liquid from a small tin of salmon or any other fish. Flake fish with a fork. Add fish to 1 cup of cooked green peas and season with  $\frac{1}{4}$  teaspoon curry powder. Make a fairly thick batter with 1 egg,  $\frac{1}{2}$  cup of flour and enough milk and water to mix. Add fish to batter and drop in spoonfuls into boiling fat and fry a light brown.

### **BRAIN CAKES AND BACON**

- 11 Two sets brains, 2 level tablespoons of butter, 2 level tablespoons flour,  $\frac{1}{4}$  pint milk, salt and pepper, rolls of grilled bacon, sprigs of parsley. Soak and skin the brains, put on in salted water and simmer for 10 minutes. Remove and chop. Make a thick white sauce by melting the butter, stirring in the flour, adding the milk, and boiling for a few minutes. Add salt, pepper, and chopped brains. Cool. Shape into small, flat cakes. Dip in flour, then in egg and breadcrumbs, and wet fry. Put a roll of grilled bacon and sprig of parsley on top of each cake.

### **POACHED EGGS ON MINCE**

- 12 Add some skinned tomatoes to cooked mince and heat through. Pile on slices of well-buttered toast and top with a poached egg for each serving.

**MACARONI CHEESE**

Three ounces macaroni, 3 tablespoons grated cheese,  $\frac{1}{2}$  pint white sauce (made with 2 level tablespoons of butter, 2 level tablespoons flour,  $\frac{1}{2}$  pint milk, pinch of salt), mustard, salt and cayenne. Cook the macaroni in boiling salted water for 20 minutes. Drain. Put in a greased pie-dish layers of macaroni, white sauce, grated cheese with seasonings. Have grated cheese for the top layer. Cook in a hot oven or under the griller till the mixture is hot and the top layer of cheese is melted and brown. Garnish with sprigs of parsley. **13**

**SURPRISE POTATO TASTIES**

Make flat cakes of cold mashed potato and flour well. Flake some cooked fish with a fork and spread on cakes. Put cakes together like biscuits and dredge with flour. Cook a golden brown in deep fat. **14**

**BACON AND EGG PIE**

Half a cup chopped bacon,  $\frac{1}{2}$  cup grated onion,  $\frac{1}{2}$  cup mashed potatoes, 3 eggs beaten with  $\frac{1}{2}$  pint milk, salt, pepper, chopped parsley. Fry bacon, add onion and cook till light brown. Add potatoes, and seasonings. Mix with the egg and milk mixture and pour into a baked pastry shell. Cook in a moderate oven till set. Serve with sweet gherkin pickles. **15**

**SAVOURY WALNUT PIE**

Boil  $\frac{1}{2}$  cup rice in salted water till cooked. Mince 1 cup of walnuts and slice 6 tomatoes. Fill a well-buttered pie-dish with alternate layers of these ingredients. Add  $\frac{3}{4}$  cup milk and pepper and salt to season. Sprinkle top well with breadcrumbs and dab with butter. Bake about 30 minutes. Serve hot. **16**

**RABBIT PATTIES**

Cut bread into slices 2 inches thick. Remove centre of each slice halfway through. Dip in cream or milk. Brush with beaten egg. Sprinkle with salt and pepper. Fry till golden brown in hot fat. Fill centres with well-flavoured minced rabbit, or chicken or other meat that has been simmered in a little stock. **17**

**BRAINS WITH WHITE SAUCE**

Skin 3 sets of sheep's brains and boil for 30 minutes, then drain and cut up. Season with pepper and salt, add chopped parsley and the beaten yolk of 1 egg. Mix well and turn into greased moulds. Cover with butter papers and bake for 30 minutes. Turn out and serve with a good white sauce. **18**

## **JAN**

### **PINEAPPLE RINGS WITH CHEESE**

- 19 Put lettuce leaves on a dish. Arrange pineapple rings on top. Fill the centres of the pineapple rings with cheese balls made by mixing finely grated cheese to a paste with salad dressing or cream. Sprinkle with chopped nuts.

### **BREAKFAST PANCAKES**

- 20 One and a half cups diced cooked potatoes, 2 rashers of bacon cut in strips, 1 dessertspoon chopped parsley, pepper and salt, 2 tablespoons flour,  $\frac{1}{2}$  teaspoon baking powder, 1 small egg and enough milk to make batter. Make batter and stir in the bacon, potatoes and parsley. Season and drop tablespoonfuls into hot fat and fry on both sides until crisp.

### **STUFFED POTATO SPECIAL**

- 21 Choose large smooth-skinned potatoes. Scrub, brush with fat, and bake. When cooked, remove from the oven and slice a piece off the top of each. Scoop out the middle, mash with salt, pepper, milk, grated cheese and finely chopped green pepper. Refill the potato shells with the mixture, sprinkling cheese on the top of each. Put back in the oven long enough for the cheese on top to brown.

### **SAVOURY APPLE FRITTERS**

- 22 Grate 2 oz. tasty cheese and 1 apple. Mix with 1 breakfast cup mashed potatoes, season with pepper and salt and bind with 1 beaten egg. Dip spoonfuls into batter and fry in very hot fat. Serve 2 or 3 to each person.

### **HAM JONATHAN**

- 23 Have a slice of ham cut about  $1\frac{1}{2}$  inches thick. Fry lightly on both sides and rub in a little brown sugar. Place in a baking dish or casserole and cover with top milk or cream. Bake in a moderate oven for about 2 hours or until the ham is very tender. If necessary add more milk or cream while cooking. Serve hot with mustard pickle.

### **SAVOURY NOVELTY**

- 24 Place a cube of fresh or tinned pineapple on a slightly larger cube of cheese. On top of pineapple cube put a crystallised or fresh cherry. Pierce all with a toothpick and serve on a crisp lettuce leaf.

**TOMATO SOUFFLE**

Scald and peel  $\frac{3}{4}$  lb. ripe tomatoes. Season with salt, pepper, 25  
cayenne, little sugar and lemon juice. Put into a saucepan, add  
1 level tablespoon cornflour moistened with a little water. Stir till  
boiling and boil a few minutes. When cool, add the beaten yolks  
of 2 eggs; then fold in the stiffly beaten whites. Pour into a small  
greased dish and bake for 10 minutes in a moderate oven. Serve  
at once garnished with sprigs of parsley.

**COMMITTEE SAVOURY**

Well mash 1 hard-boiled egg, season with pepper and salt, then 26  
put in saucepan with 1 teaspoon melted butter. Chop finely 1 small  
tomato, 1 small shallot, a little mint and parsley. Add to egg in  
saucepan and cook for a few minutes. Serve hot on small squares  
of buttered toast.

**COLD FISH SOUFFLE**

One cup milk, 3 yolks of eggs,  $\frac{1}{2}$  teaspoon salt, 1 cup flaked 27  
canned or left-over fish,  $\frac{1}{4}$  cup cold water,  $\frac{1}{4}$  cup boiling water, 1 level  
tablespoon gelatine, 3 stiffly-beaten egg whites. Make a custard  
with the egg yolks and milk. Cool. Soak the gelatine in the cold  
water and dissolve in the hot water. Beat well and add to the custard.  
Add the fish flakes, then the egg whites. Pour into a wetted mould.  
Chill, turn out and serve with thin slices of lemon.

**EGG CUTLETS**

Add 1 tablespoon breadcrumbs, 1 tablespoon grated cheese, 28  
 $\frac{1}{4}$  teaspoon curry powder and a pinch of salt to 2 finely chopped  
hard-boiled eggs and bind all together with a beaten egg. Form  
mixture into cutlets, dip in egg and breadcrumbs then fry a tempting  
brown in very hot fat. Garnish with parsley or chopped cress  
and serve very hot.

**CLUB SANDWICH**

Allow three slices of bread for each sandwich. Cut thin, toast 29  
quickly and butter while hot. On one slice of toast put a layer of  
cooked bacon, a lettuce leaf, and a little salad dressing. Cover with  
a slice of toast, and on this put thin slices of chicken, a lettuce leaf  
and more dressing. Put on the third piece of toast. Fasten the  
corners with tooth-picks and cut into four diagonally with a sharp  
knife.

## **JAN**

### **CONTINENTAL SAVOURY**

- 30 Toss small pieces of lobster in melted butter and season with a little curry sauce. Add a little finely chopped chutney. Pile on toast and serve hot or cold.

### **MACARONI PAPOOSE**

- 31 Half a pound macaroni (broken into short lengths), thin slices of raw ham, horseradish sauce,  $\frac{1}{2}$  cup milk. Cook macaroni till tender. Drain. Spread slices of ham with the mixed macaroni and horseradish sauce. Roll, and tie or skewer into shape. Place in a shallow baking dish with the milk. Bake in a moderate oven for about 35 minutes. Serve hot.

## **FEB**

### **SWEETBREAD SOUFFLE**

- 1 Two sweetbreads, 1 cup white sauce, 3 eggs, salt and pepper. Soak sweetbreads in cold salted water for an hour. Drain, put on in fresh cold salted water, bring to the boil and simmer for about 20 minutes. Plunge into cold water until firm. Cut away fat and membranes and chop. Add one cup of white sauce, three well-beaten egg yolks, salt and pepper. Fold in 3 egg whites beaten stiffly. Fill small greased moulds two-thirds full of the mixture. Stand in a dish of hot water and bake in a fairly hot oven for about  $\frac{1}{2}$  hour. Garnish with asparagus tips.

### **CASSEROLE OF SAUSAGES AND TOMATO**

- 2 Cover pork sausages with cold water, then take knife and remove skins. Place skinned sausages in casserole with 1 cup water, 1 large onion sliced,  $\frac{1}{2}$  cup chopped carrot, 2 cups chopped tomato,  $\frac{1}{2}$  cup chopped parsley, a little sugar and season with pepper and salt. Cover casserole and cook slowly for  $\frac{3}{4}$  hour. Before serving stir in a little blended cornflour to thicken. Serve with creamed potatoes with chopped parsley added.

### **CUCUMBER BASKETS**

- 3 Cut a piece from each end of a long cucumber. Cut crosswise into 4-inch strips. Cut 2 pieces from each section, leaving the middle piece to form a handle. Scoop out enough of the inside to form a basket. Fill with prawns or shrimps that have been mixed lightly with salad dressing. Arrange on a bed of cress or shredded lettuce. Serve with little hot cheese scones. Round apple cucumbers may be made into baskets in the same way, or small cucumbers may be hollowed to form "boats".

## BEANS AND BACON SAVOURY

Make a stuffing with  $\frac{1}{2}$  cup breadcrumbs,  $\frac{1}{2}$  cup mashed potatoes, 1 chopped onion, grated rind of 1 lemon, a little thyme and sage and 1 beaten egg. Trim rind off some rashers of bacon and put a roll of stuffing in each one. Roll up and secure with small sticks. Fry until bacon is crisply browned. Serve with green beans. 4

## CHEESE STRAWS

Three oz. flour, 2 oz. grated cheese (dry), 2 oz. butter, salt, cayenne, mustard, yolk of 1 egg, squeeze of lemon juice, a little water. Sift flour, salt, mustard and cayenne. Rub in butter. Add cheese. Beat egg yolk slightly, add lemon juice and water. Make a stiff dough. Roll out about  $\frac{1}{4}$  inch thick. Cut into strips about  $\frac{1}{4}$  inch by  $2\frac{1}{2}$  inches. Place on greased tray. Bake about  $\frac{1}{4}$  hour in moderate oven. Leave on tray to cool. Scraps of dough may be rolled out and cut into rings. Arrange bundles of straws in rings. Serve each bundle in a cup-shaped lettuce leaf. 5

## BEEF AND MUSHROOM ROLLS

Sprinkle cold roast beef slices with finely-chopped mushrooms seasoned with pepper, salt and finely-chopped parsley. Cover each slice with a thin rasher of bacon. Roll up, secure with toothpick and cook in butter for a few minutes. Heat left-over roast beef gravy and pour over beef rolls to serve. 6

## GREEN EGGS

Finely-chopped parsley, eggs, salt and pepper, rounds of buttered toast, chopped bacon. Butter small moulds, spread the bottoms and sides thickly with chopped parsley, slip an egg in each, season with salt and pepper, and steam. Fry the chopped bacon, and spread on the rounds of toast. Turn the eggs out on to the toast. 7

## SAVOURY VEGETABLE PIE

Well butter a pie-dish and put in a layer of tomato slices, then a layer of hard-boiled egg slices, a layer of onion slices and a layer of cooked vermicelli. Continue in this way till dish is full. Top all with a layer of cooked potato slices. Dab generously with butter and bake a tempting brown. 8

## **FEB**

### **PICKLE ASPIC**

- 9 One packet of lemon jelly crystals, 1 pint boiling water, 2 tablespoons vinegar or lemon juice, 1 cup diced cucumber,  $\frac{1}{2}$  cup sour chopped pickles. Dissolve crystals in the boiling water. Add vinegar, salt, and pepper. Chill till beginning to thicken. Fold in cucumber and pickles. Set in individual moulds till firm. Unmould on crisp lettuce leaves and serve with cold meat.

### **PARAMOUNT SAVOURY**

- 10 Cut toast into fingers and spread with anchovy butter. Put a little smoked roe on each and place along the sides very thin tiny onion rings. Down the centre of the roe add a little finely-chopped gherkins and cucumber.

### **SCRAMBLED EGGS WITH SHRIMPS**

- 11 Allow 3 or 4 eggs for 2 people. Beat eggs, add 1 tablespoon milk to each egg. Add salt, pepper, and  $\frac{1}{2}$  cup prepared shrimps. Melt 1 dessertspoon of butter in a pan, stir in the egg mixture and cook gently till creamy. Serve hot on toast with sprigs of parsley.

### **MUSHROOMS AND KIDNEYS**

- 12 Melt 1 tablespoon of dripping in pan and fry 1 finely-sliced onion a nice brown. Take onion from pan and then fry 4 skinned kidneys. When kidneys are browned on both sides, stir in 1 tablespoon flour and cook for a few minutes; then add  $1\frac{1}{2}$  cups of stock or water and bring to boil. Return onion to pan and add 8 mushrooms and season to taste. Cover pan with plate and simmer for 20 minutes. Serve with green peas and potatoes.

### **MARROW SALAD**

- 13 Wash a marrow, but do not peel. Cut into slices about 1 inch thick, and remove seeds. Cook carefully in salted water till tender but unbroken. Drain and cool. Arrange on individual plates, and coat each slice with mayonnaise. In the centre arrange a slice of tomato with a ball of cream cheese on top. Border with cress or shredded lettuce.

### **CHICKEN HASH**

- 14 Season chopped cooked chicken with pepper and salt and add a little gravy or white sauce. Heat thoroughly in well-buttered pan. Serve with chipped potatoes and green peas.

**SPANISH PORK CHOPS**

Allow 1 chop to each person, cutting them  $\frac{3}{4}$  to 1 inch thick. Put in a hot dry pan and brown on both sides. Sprinkle with salt and pepper. On each chop spread  $\frac{1}{4}$  teaspoon mustard and 1 teaspoon tomato sauce. Pour round the chops 1 cup of the liquid from onion pickles. Cover and cook gently for  $\frac{3}{4}$  hour. **15**

**STEAMED LIVER**

Mix well together  $1\frac{1}{2}$  cups liver cut in small pieces, 1 beaten egg, pepper and salt, 1 finely-sliced onion, 1 cup breadcrumbs and a little flour. Turn into a greased basin and steam for 2 hours. Serve with any vegetable. **16**

**EGGS CREOLE**

One level tablespoon flour, 1 tablespoon butter, 1 cup tomato puree (or tinned tomato soup), 1 chopped green pepper,  $\frac{1}{2}$  teaspoon salt, 4 eggs. Hard-boil the eggs. Melt the butter, stir in the flour, add the tomato pulp, salt and green pepper. Slice the eggs on to pieces of toast. Pour the sauce over. **17**

**CHEESE RAMEKINS**

Add 1 cup of breadcrumbs to  $1\frac{1}{2}$  cups milk and boil the two together. When the liquid is perfectly smooth add 6 tablespoons of grated cheese, 2 tablespoons melted butter and a very small teaspoon of mustard. Place over the fire for a minute and stir carefully until thoroughly mixed, then remove from stove and add the slightly-beaten yolks of 2 eggs and salt and cayenne to season. Whip the whites of the eggs stiffly and beat them into the mixture with a fork. Place in greased ramekin dishes and bake in a moderate oven for 15 minutes. Serve very hot. **18**

**SOUTHERN SALAD**

Mix equal amounts of cold cooked diced pork, chopped shallots, and diced celery with French dressing. Arrange in cup-shaped lettuce leaves and garnish with thin slices of radish. **19**

**BAKED TOMATOES**

Halve some tomatoes, then sprinkle them with breadcrumbs, salt and pepper and dab with butter. Place them in a buttered baking-dish with the cut side up and bake in a hot oven for 20 minutes. Garnish with parsley before serving. **20**

## **FEB**

### **OYSTER SANDWICHES**

- 21 Cut and butter thin slices of brown bread. Dip oysters in seasoned flour and fry in butter. Place the fried oysters on lettuce leaves and make into sandwiches with the buttered bread.

### **TASTY FISH PIE**

- 22 Cover the bottom of a buttered pie-dish with mashed potatoes mixed with butter and milk. On top of the potatoes put a layer of flaked cooked fish, then a layer of good white sauce and lastly another layer of potatoes. Dab with butter and bake a golden brown in a good oven.

### **NECKLACE SALAD**

- 23 Choose medium-sized round red tomatoes. Cut a slice from the top of each and scoop out the middle. Arrange in each short stalks of cooked or canned asparagus tips. Over the asparagus tips, resting on the tomato, arrange rings of onion, red or green pepper, carrot or beetroot. Arrange on crisp lettuce leaves and serve with salad dressing.

### **KIDNEY TOAST**

- 24 Skin and chop in small pieces 4 sheep's kidneys and fry in a good tablespoon of butter. Season with pepper and salt and cook for a few minutes. Pile on hot buttered toast and garnish with chopped parsley.

### **ANCHOVY BASKETS**

- 25 Hard-boil eggs. Place in cold water. Shell and cut in halves lengthwise. Remove the yolks. Pound with a little butter, anchovy sauce, salt and pepper. Beat till creamy. Fill the whites with the mixture. Sprinkle a little chopped parsley over, and place a stalk of parsley to represent the handle of the basket. Serve on cress or lettuce.

### **CRAYFISH CANAPES**

- 26 Spread lightly with butter, small rounds of toast. On each place a thin slice of cucumber, a spread of mayonnaise, a teaspoon of flaked crayfish and lastly a tiny caper or piece of gherkin.

**FEB****STUFFED LEMONS**

Choose large lemons, cut in halves, squeeze the juice and scrape out the pulp. Fill with a stuffing made by mixing mashed sardines, chopped hard-boiled eggs, chopped parsley, salt, pepper, and some of the lemon juice. Place each on a lettuce leaf and garnish with a stuffed olive. **28**

**RICE ROLLS**

One cup of minced left-over meat, 1 tablespoon shredded suet, pepper, salt, some chopped parsley, 1 tomato and 1 cup of cold cooked rice. Mix together with sufficient milk and form into sausages. Flour and dip in beaten egg and breadcrumbs, then fry in boiling fat. Serve with cooked tomatoes. **28**

**MAR****CHEESE AIGRETTES**

Four oz. flour, 4 oz. butter,  $\frac{1}{2}$  pint water, 2 eggs, 2 oz. grated cheese, salt, cayenne, mustard, little lemon juice. Put water and butter on to boil, add the sifted flour, salt, cayenne and mustard. Stir till a ball is formed. Add the cheese, then the yolks one at a time, beating well. Lightly fold in the stiffly-beaten whites. Fry in teaspoonfuls in deep hot fat till golden brown. Drain, sprinkle with grated cheese and serve very hot. **1**

**VEGETABLE PUFFS**

Make a stiff paste of 1 cup of cold cooked vegetables, potatoes, carrots and peas, 1 teaspoon baking powder, a little flour and a pinch of salt. Roll paste out, cut into rounds or fingers and fry in very hot fat. **2**

**HARICOT BEANS WITH TOMATOES**

Soak beans in water for 24 hours. Put on with enough stock or salted water to cover. Add a piece of onion, a bunch of herbs and scraps of fat bacon. Cook gently till the beans are soft. If necessary, add more water. When they are done, drain, put in a dish and pour hot tomato puree over. **3**

**CHEESE PYRAMIDS**

Make plain biscuits with  $\frac{1}{2}$  lb. flour, 1 teaspoon baking powder, pinch salt,  $\frac{1}{4}$  lb. butter, lard or margarine and enough milk to mix stiffly. Roll out and cut with biscuit cutter. Bake a light brown. To 1 cup of stiffly-whipped cream, add some finely-grated cheese, a little salt and cayenne. Pile in pyramids on cooled biscuits. Top each pyramid with a very little finely-chopped cress. **4**

## MAR

### KIDNEY TOAST

- 5 Six sheep's kidneys, 3 slices of bread, salt, pepper, butter mixed with mustard, chopped parsley and a little lemon juice. Cut open the kidneys, remove skin and core. Toast bread on one side, on the other spread the prepared butter. Place under the bars of a griller. Put the kidneys on the bars, and grill so that the juices are caught by the toast. Sprinkle the kidneys with salt and pepper and serve hot.

### BACON AND OYSTER CROUTES

- 6 Have ready as many oysters as required. Season with pepper and salt and a little lemon juice. Roll each oyster in a thin piece of bacon, place on skewer and bake a few minutes. Serve on croûtes of toasted or fried bread, garnished with cress.

### SARDINE ECLAIRS

- 7 Sardines, anchovy paste, puff or rough puff pastry. Roll the pastry out thinly. Cut into pieces about  $2\frac{1}{2}$  inches wide. Spread a little anchovy paste on each strip of pastry and put on a sardine. Brush the edges, and fold over, pressing the edges together. Brush with beaten egg or milk. Place the eclairs on a greased baking-dish, and bake in a quick oven for from 10 to 15 minutes. Serve hot or cold.

### CURRIED CORN SAVOURY

- 8 Butter thin slices of fresh bread and cut into triangles. Mix 1 cup cooked corn with  $\frac{1}{2}$  teaspoon curry powder and season with pepper and salt. Make fingers of the corn and roll in the bread triangles. Place in hot oven for 10 minutes and serve hot.

### DEVILLED CHICKENS' LIVERS

- 9 Four chickens' livers, 4 slices of bacon, 1 teaspoon chopped parsley,  $\frac{1}{2}$  teaspoon chopped shallot or onion, salt and cayenne, 4 small rounds of fried bread. Wash and wipe the livers, sprinkle with salt, pepper, chopped parsley, and shallot. Roll each liver in a thin piece of bacon. Place each on a round of bread. Put on a baking-tin and cook in a moderate oven for about 10 minutes. Serve very hot.

### TOMATO OMELET

- 10 Beat 2 eggs well, season and add 1 tablespoon milk and 1 tablespoon butter. Heat 1 dessertspoon butter in pan and pour in mixture. Stir till nearly set, then cover with thin slices of skinned tomatoes. Put pan under griller to cook tomatoes. When done fold over and serve very hot.

**GRILLED OPEN SANDWICH**

Toast a round of bread on one side only. Spread the untoasted side with salad dressing. Place on top a slice of tomato and put under the griller for a few minutes, then cover with a slice of cheese and place under the griller till it begins to melt. Then add 2 strips of bacon and grill till done. Decorate with sprigs of parsley and serve at once. **11**

**BACON AND TOMATO RAREBIT**

Cook 4 or 5 tomatoes in a little butter and add  $\frac{3}{4}$  cup of grated cheese. Season with pepper and salt. Serve hot, on rounds of toast with grilled bacon and potato chips. **12**

**FISH PANCAKES**

Make a pancake batter with 4 oz. plain flour, 2 eggs, pinch salt and  $\frac{1}{2}$  pint milk. Allow the batter to stand. Make the filling with a well-flavoured fairly thick white sauce to which has been added any flaked fish, either canned or freshly cooked, and a little anchovy sauce. Fry the pancakes in fat or oil, making as thin as possible. Put on the hot fish filling and roll up. Serve with parsley and thin slices of lemon. **13**

**LIVER PIE**

Wash well and drain liver. Cut in thin slices and roll in flour. Put liver in casserole and cover with sliced tomatoes, then put in a layer of sliced onion and lastly a layer of sliced raw potatoes. Sprinkle with salt and pepper and dab with butter or bacon dripping. Bake in good oven for about  $\frac{1}{2}$  hour. Serve with green peas. **14**

**ASPARAGUS EGGS**

One small tin asparagus, 3 eggs, 2 tablespoons grated cheese, 1 tablespoon butter, 1 level tablespoon flour, 1 cup milk (or half milk and half asparagus liquid). Arrange asparagus in a pie-dish. Make a sauce with the butter, flour, milk, salt and pepper, and pour over the asparagus. Sprinkle on the grated cheese, and slip the eggs on top. Cook in a moderate oven till eggs are set. **15**

**FRIED BANANAS AND SAVOURY CAKES**

Beat 3 eggs and add 3 tablespoons (heaped) of flour, 3 tablespoons milk, 1 tablespoon minced onion, 2 cups minced cooked ham, and pepper and salt to season. Cook in spoonful lots in boiling fat till brown. Drain and keep hot. Slice bananas and sprinkle well with lemon juice, dredge with flour and fry in butter till brown. Serve very hot with meat cakes. **16**

## MAR

### ERIN CANAPES

- 17 Cut slices of bread. Stamp out with a shamrock-shaped cutter. Toast on one side only. Spread the other side with salad dressing. Cover the top with green peas that have been rubbed through a sieve, mashed to a smooth paste, and well flavoured.

### QUICK BREAKFAST DISH

- 18 Fry slices of tomato in a little butter. Put a fried tomato slice on a small round of buttered toast, cover thickly with grated cheese and top with a few capers or a little chopped parsley. Pop in oven for a few minutes and serve piping hot.

### STUFFED EGG PLANT

- 19 Cook egg plant in boiling salted water for 15 minutes. Cut a slice from the top, and remove the pulp, taking care not to get too close to the skin. Chop the pulp and add 1 cup soft breadcrumbs. Melt 2 tablespoons butter or bacon fat, add  $\frac{1}{2}$  tablespoon finely-chopped onion, and cook for 5 minutes. Add to the pulp and breadcrumbs. Season with salt and pepper. If necessary, moisten with a little stock or water. Cook for 5 minutes. Cool a little and add a beaten egg. Refill egg plant. Cover with buttered crumbs and bake for 25 minutes in a hot oven.

### SAUSAGE ROLLS

- 20 Make a flaky pastry with  $\frac{1}{2}$  lb. flour, pinch salt,  $\frac{1}{2}$  lb. butter and very little water to mix stiffly. Sift flour and salt on to pastry board. Cut butter into thin slices and put over flour. Roll butter well into flour. Return to basin and mix with water. Leave aside in a cool place for as long as possible before using. When ready to use roll out and cut into small squares. On each square place a little pork sausage meat, roll up and bake in a hot oven. Serve hot.

### KIDNEYS AND TOMATOES

- 21 Four sheep's kidneys, 4 slices tomato, 8 pieces bacon, 4 rounds of toast, 1 tablespoon dripping, salt and pepper. Split each kidney open lengthwise without dividing it. Remove the skin and white core. Put on to fry with 1 tablespoon dripping. They will take about 12 minutes. In the meantime cook the bacon rolls and the slices of tomato. Place a slice of tomato on each round of toast. Sprinkle with salt and pepper. Then put the kidney on the tomato with 2 rolls of bacon on top.

## ESCALLOPED MUSHROOMS

Peel mushrooms. Fill baking-dish with alternate layers of mushrooms and crumbs, season with pepper and salt and dab each layer with butter. Lastly pour in  $\frac{1}{2}$  cup cream or gravy. Cover baking-dish and bake for 20 minutes. 22

## TIMBALES THOMASINE

Three eggs, 1 cup milk, 1 tablespoon flour, 1 tablespoon butter or margarine, 1 cup grated cheese, 4 tablespoons finely-chopped green pepper,  $\frac{1}{2}$  teaspoon salt. Melt the butter, add the flour, then the milk and cook till thickened. Add the beaten eggs, grated cheese, chopped pepper, pepper and salt. Grease custard cups, fill with the mixture. Stand in a dish of water and bake in a moderate oven till set, about 45 minutes. Turn out carefully on to a hot plate and serve at once with hot tomato puree. 23

## MOCK DUCK

Finely mince 1 cup of liver, 1 small onion, and mix well together with 1 cup of breadcrumbs and 1 cup of stock or water. Stand aside for  $\frac{1}{2}$  hour, then season with a little thyme, sage, pepper and salt. Turn into a well-greased casserole and bake in a moderate oven for  $\frac{3}{4}$  hour. 24

## CHICKEN MARYLAND

Dress, clean, and cut up a young chicken. Dip in seasoned flour, then in egg and breadcrumbs. Place in a well-greased dish and bake for  $\frac{1}{2}$  hour in a hot oven, basting, after the first 5 minutes of cooking, with  $\frac{1}{4}$  cup of melted butter. If chicken is not quite tender, sprinkle at this stage with flour, add a cup of liquid, cover the dish, and cook in a moderate oven for another half hour. Serve with bananas dipped in egg and breadcrumbs and fried, and with corn fritters. 25

## CROQUETTES OF TRIPE

Mince 2 small onions, 2 tomatoes, 1 lb. tripe, then add 1 teaspoon chopped parsley,  $1\frac{1}{2}$  cups breadcrumbs, a little flour and pepper and salt to taste. Mix well and form into balls. Dip in beaten egg then breadcrumbs and fry in very hot fat. Serve with tomato sauce. 26

## MAR

### SWEDISH BEEF OLIVES

- 27 Have pieces of steak cut thinly. Spread with a forcemeat made of breadcrumbs, salt, pepper, grated apple, and raisins. Roll up. Tie or fasten with a skewer. Brown in hot fat. Lift out and fry a little chopped onion. Add flour and brown. Add water or stock and stir till boiling. Add the beef olives and cook very gently till tender, about 3 hours.

### PARKTOWN MUSHROOMS

- 28 Carefully remove stalks and fry 8 mushrooms in a little butter, very lightly. Finely chop stalks and add to 1 teaspoon chopped parsley and 1 teaspoon of finely-minced onion. Fry a few minutes in butter. Take off fire and add  $\frac{1}{2}$  cup flaked fish and mix with a beaten egg yolk. Pile this mixture on each of the lightly-fried mushrooms. Sprinkle each one with breadcrumbs and top with a dab of butter. Place prepared mushrooms in a baking-dish and bake a  $\frac{1}{4}$  hour. Serve each one, very hot, on a round of toast the same size.

### LENTEN LOAF

- 29 Two tablespoons melted butter, 3 tablespoons flour, 1 cup milk,  $\frac{1}{2}$  cup chopped celery, 2 cups chopped walnuts, 2 cups cooked rice, 1 beaten egg, 1 teaspoon salt, pepper. Make a thick sauce with the butter, flour and milk. Add all other ingredients. Pack into a greased loaf tin and bake in a moderate oven. Turn out and garnish with parsley.

### BAKED TOMATOES AND LEEKS

- 30 Fry 1 cup of sliced leeks until brown, then add to 2 cups of skinned and sliced tomatoes, 1 teaspoonful sugar and pepper and salt to taste. Pour into greased baking-dish. Melt 2 oz. butter and mix with 1 cup of breadcrumbs. Sprinkle this over the tomato mixture and bake in a hot oven for  $\frac{1}{2}$  hour.

### EASTER EGG SALAD

- 31 Grate cheese finely and mix to a smooth paste with salad dressing, or use cream cheese. Hard-boil eggs, and cover with a layer of the cream cheese. Roll in grated carrot, and arrange on a bed of shredded lettuce or cabbage.

**FRIED PORRIDGE WITH BACON**

Heat any left-over porridge, either oatmeal, wheatenmeal, or maizemeal. Pour into a wetted flat dish. When cold, cut into squares. Dip in egg and breadcrumbs and fry till brown on both sides. Serve with bacon or sausages.

**1****DELICIOUS LUNCHEON SAVOURY**

Mash well with a fork 1 cup of cooked green peas and 1 cup of cooked green beans. Mix well with a mashed tomato, 1 tablespoon thick cream, 1 teaspoon hot chutney and season with pepper and salt. Spread between thick slices of fresh white bread. Garnish each sandwich with a ring of tomato slices and serve on crisp lettuce leaves.

**2****SCOTCH WOODCOCK**

Six rounds of buttered toast, anchovy paste, 3 eggs, 3 tablespoons cream or milk, 1 tablespoon butter, a little chopped parsley, cayenne. Make the toast, and spread with anchovy paste. Keep hot. Melt the butter, add the beaten eggs mixed with the milk. Cook gently till creamy. Add parsley and cayenne. Place on toast and serve at once.

**3****BAKED CHEESE ROLLS**

After removing crusts from thin slices of fresh bread, butter and well sprinkle with grated cheese. Season with pepper and salt and roll up. Bake in hot oven for 10 minutes. Serve hot.

**4****CHOP SUEY**

Shred 1½ lb. lean pork in thin strips. Cook for ¼ hour in hot lard, stirring frequently. Add 1 cup onion cut in thin strips, and brown a little. Add 1 cup finely-chopped celery and cook for a few minutes. Add a small piece of green ginger, cut very finely, 1 cup of stock and a little salt or soy sauce. Simmer for about 10 minutes. The vegetables should retain much of their original crispness. Serve with boiled rice and soy sauce.

**5****BAKED CORN COB**

To 2 beaten eggs add 2 cups sweet corn, 2 tablespoons melted butter and 1 breakfast cup milk. Season with pepper and salt and pour into a greased baking-dish. Dab with butter and bake in a moderate oven.

**6**

**SCRAMBLED CORN**

- 7 Four eggs,  $\frac{1}{2}$  cup milk,  $1\frac{1}{2}$  cups canned or cooked corn, 1 teaspoon butter, salt, pepper, toast. Beat eggs, add milk, corn, butter, salt and pepper. Cook gently till just set. Serve on rounds of toast with a grilled mushroom on top of each.

**POTATO PUFFS**

- 8 Melt 1 tablespoon butter and add to 2 cups cooked mashed potato. Season with salt and pepper and mix with  $\frac{1}{4}$  cup of milk. Beat the yolk and white of 1 egg separately, add yolk to potato and fold in white. Bake in small dishes until brown and light. Serve with mayonnaise and cold chicken.

**SURPRISE POTATOES**

- 9 Scrub medium-sized potatoes, and bake in a moderate oven till soft, about  $\frac{3}{4}$  hour. Cut a slice off each top and scoop out the inside. Gently slip in a poached egg. Cover with the potato which has been mashed till fluffy with hot milk. Put back into the oven and brown lightly.

**DELICIOUS APPLE AND ONION PIE**

- 10 Stew together 3 cooking apples and 1 large onion. When tender, turn into flaky pastry-lined pie-dish. Cover apple mixture with grated cheese. Make a custard with 2 eggs and  $\frac{1}{2}$  pint milk, season with pepper and salt and pour over apple, etc. Bake till custard is set.

**SAUSAGE EGGS**

- 11 Hard boil eggs. Put into cold water. Remove shells. Cut into halves, and remove yolks. Beat yolks to a cream with a little butter. Add salt, pepper and a little finely-chopped olive and put back into the eggs. Put the eggs together again, and cover with sausage meat. Dip in flour, then in egg and breadcrumbs. Fry till the sausage meat is cooked. Serve each egg on a little nest of mashed potato, sprinkled with chopped parsley.

**GRANADA EGGS**

- 12 Well butter 6 small moulds. Into each mould put a little chopped parsley, then drop in an egg. Sprinkle with pepper and salt and carefully place moulds in a pan of boiling water. The water must just reach half-way up the moulds. Cover pan with greased paper and steam the eggs till set. Turn each egg out on to a round of buttered toast and serve very hot.

**MEAT PIE ROWENA**

Take thin steak and pound till barely  $\frac{1}{4}$  inch thick. Cut into pieces. In each piece wrap a small piece of beef suet and a piece of mushroom. Skewer with a toothpick or sharpened match. Dip each roll into seasoned flour. Arrange in a pie-dish on a layer of sliced onions. Add a cup of water or stock, cover with pastry and bake in a moderate oven for about  $1\frac{1}{2}$  hours. **13**

**TOASTED CHEESE AND BACON SAVOURY**

Cut slices of bread in pieces 3 inches long by 2 inches wide. Dip in melted butter and toss in grated cheese. Put together in pairs with a strip of bacon in between. Place under griller and grill first one side then the other. Remove top piece, grill bacon, replace top piece and serve hot garnished with cress or parsley. **14**

**PORK CHOPS AMERICAN**

Dip pork chops in flour, then in egg and breadcrumbs. Brown in hot fat using a deep dish. Place on top small tart apples that have been cored and stuffed with raisins. Add salt and pepper and a cup of stock or water. Cover and cook gently for about  $1\frac{1}{2}$  hours. **15**

**APPLE AND CELERY FINGERS**

One cup of finely-chopped apple,  $\frac{1}{2}$  cup finely-chopped celery mixed well with 2 tablespoons mayonnaise. Spread mixture between slices of well-buttered brown bread. Cut into fingers and serve. **16**

**BRAISED CELERY**

Wash celery and cut into lengths. Brown in hot dripping, add seasoned flour and brown. Add stock and simmer till celery is done. Serve with crisp potato chips. **17**

**SAVOURY MEAT MOULD**

Mince together 1 lb. beef steak and  $\frac{1}{2}$  lb. fat bacon. Add to 1 cup of breadcrumbs, 1 chopped onion and salt and pepper to taste. Bind together with 2 well-beaten eggs and press firmly into a well-greased basin and steam for  $2\frac{1}{2}$  hours. Unmould when cold. Serve with creamed potatoes and green salad. **18**

**DUTCH POTATO SALAD**

- 19** Cut potatoes into dice and cook till tender. Cut bacon into small pieces and fry. Mix the potatoes, bacon, and a little chopped shallot. While hot put into cupped lettuce leaves. Add a little sugar and vinegar to the bacon fat. Boil up and pour over the potato mixture. Serve hot.

**POTATO PATTIES**

- 20** One thick slice of bread, 4 large raw potatoes, 1 large onion minced together and seasoned with pepper and salt. Form into balls and dip in beaten egg and breadcrumbs. Fry a golden brown, in deep fat, and serve very hot.

**ANCHOVY FINGERS**

- 21** Make anchovy puree by mixing till creamy the sieved yolk of one egg, 1 dessertspoon anchovy paste, 1 oz. butter, squeeze of lemon juice, and, if wished, red colouring. Chop the egg white finely. Make toast, butter, cut into fingers, spread with the anchovy puree, sprinkle egg whites over and serve hot.

**HORSE-RADISH AND EGG SAVOURY**

- 22** Mash 3 hard-boiled eggs well and season with a little horse-radish sauce. Pile high on croûtons of fried bread.

**SAVOURY POACHED EGGS**

- 23** Spread hot toast with butter flavoured with anchovy sauce. On each slice place a carefully poached egg sprinkled with finely-chopped parsley.

**EGGS ST. GEORGE**

- 24** Three cups mashed potatoes, 2 tablespoons butter,  $\frac{1}{2}$  cup mushrooms, 1 thinly-sliced onion,  $\frac{1}{2}$  teaspoon salt,  $\frac{1}{2}$  teaspoon dry mustard, pepper, 4 eggs. On a fireproof dish arrange a border of mashed potatoes. Brown onion and mushrooms in the butter. Add half the seasonings, and arrange smoothly in the middle of the dish. Break eggs and slip carefully on top of the mushrooms. Dust with the rest of the salt, pepper and mustard, add a few dabs of butter and place in a moderate oven till the eggs are set.

## ISLAND HOUSE OYSTERS AND TRIPE

**APR**

Dice 1 lb. washed tripe, put in saucepan with 1 sliced onion, season with pepper and salt and just cover with water. Cook till tripe is tender, then thicken with a little flour and milk. Turn into pie-dish, cover with a layer of oysters and then a layer of mashed potatoes. Dab generously with butter and bake a golden brown. Serve garnished with parsley. **25**

## ANZAC OMELET

Two eggs, 3 tablespoons milk, salt and pepper, 6 oysters, 1 table-spoon butter. Beat the whites stiffly. Mix the yolks with the milk, salt and pepper, and add the chopped oysters. Fold in the whites. Have butter hot in the pan, cook the mixture without stirring till almost set. Brown under a griller. Fold and serve at once, garnished with chopped parsley. **26**

## IN-A-HURRY SAVOURY

Toast thick slices of bread on both sides and cut through the centre. Fill with thin slices of cheese. Top each slice with a little cheese and put under griller till cheese melts. Serve hot garnished with chopped parsley or chives. **27**

## BANANAS AND BACON

Peel unripe bananas. Roll a thin slice of bacon round each. Bake in a greased dish in a moderate oven till the bananas are cooked, about 20 minutes. **28**

## STUFFED POTATOES

Bake in their jackets some well-scrubbed potatoes. Ten minutes before serving, take from oven and cut a slice from the top of each one. Scoop out part of the inside and mash this with a little seasoned dripping, grated cheese and a little chopped parsley. Return the mixture to the jackets and re-heat before serving. **29**

## PARSNIP CAKES

Two cups cooked parsnips, 1 well-beaten egg, 1 tablespoon melted butter or margarine, 2 tablespoons flour. Mash the parsnips through a sieve. Add the egg, and beat till light. Add salt, pepper and butter and fold in the flour. Drop by spoonfuls into a hot greased pan and fry till golden brown. **30**

# MAY

## MAY DAY CANAPES

- 1 Cut day-old bread in slices  $\frac{1}{4}$  inch thick. Cut into rounds or strips. Then fry in deep fat or butter, or brown in the oven, or toast. They may be toasted on one side only and the untoasted side spread with butter or salad dressing. Spread some of the canapes with mashed sardine flavoured with lemon juice, others with whipped cream flavoured with grated horse-radish, others with cream cheese mixed with grated celery, others with egg yolk rubbed through a sieve and beaten till creamy with anchovy paste. Decorate the canapes with nuts, slices of stuffed olive, thin slices of pickled onion, capers, chopped parsley, etc.

## BRAINS ON TOAST

- 2 Wash 3 sets sheep's brains, remove any loose skin and leave to soak in cold water, then put in a saucepan with a little milk and water,  $\frac{1}{4}$  teaspoon vinegar, some chopped parsley and pepper and salt. Simmer till tender. Drain off liquid and thicken with a little blended flour and a small piece of butter. Return brains to liquid, re-heat and serve piled on toast.

## LIVER PUDDING

- 3 Half pound calves' liver, 3 slices bacon, 1 small minced onion, 1 egg, 1 cup breadcrumbs, a little milk, salt, pepper, chopped parsley. Boil liver and mince it with the bacon and onion. Add the breadcrumbs, and seasonings, and bind with an egg beaten with a little milk. Put into a greased basin and steam for 2 hours. Serve with hot tomato sauce.

## CRUMBED SAVOURY EGGS

- 4 Hard boil 6 eggs and remove shells. Cut eggs in halves and scoop out yolks. Mash yolks with a fork and mix well with  $\frac{1}{4}$  cup of minced ham and 1 dessertspoon butter. Season with pepper and salt. Fill egg white halves with mixture, press together, dip in beaten egg, cover with breadcrumbs and fry in deep fat. Serve on a bed of young parsley sprigs. Surround with tomato slices.

## SCOTCH STOVIES

- 5 Leave some of the dripping in a dish in which meat has been baked. Add slices of potatoes, alternated with slices of onion. Sprinkle with salt and pepper. Pour over stock or gravy. Cover and cook very gently either on the stove or in the oven for 2 hours.

## OYSTER TOAST

Melt 1 tablespoon butter in a small pan, stir in  $\frac{1}{2}$  cup bread-crumbs and add  $\frac{1}{2}$  cup milk. Stir till boiling. Add lightly,  $\frac{1}{2}$  cup stiffly whipped cream. Cut in quarters, 1 dozen bearded oysters and add to pan. Serve piled on hot buttered toast. Garnish with parsley.

6

## SAVOURY RABBIT

One rabbit,  $\frac{1}{4}$  lb bacon, 2 onions,  $\frac{1}{2}$  lb. mushrooms, 1 tablespoon flour,  $\frac{1}{2}$  pint stock, a little minced garlic, salt, pepper, and some dripping or lard. Cut the rabbit into neat pieces, flour, fry in hot fat till brown. Add stock, salt and pepper, and simmer for  $1\frac{1}{2}$  hours. Add chopped bacon, chopped onions, garlic, and the mushrooms cut in halves. Simmer gently for 1 hour more.

7

## CELERY AND SCRAMBLED EGGS

Boil for 20 minutes  $1\frac{1}{2}$  cups diced celery. Strain and add to 4 eggs scrambled. Serve on hot buttered toast and garnish with a shake of cayenne and a sprinkling of chopped parsley.

8

## BLOATER STRAWS

A quarter pound butter,  $\frac{1}{4}$  lb. flour, yolk of 1 egg mixed with 2 tablespoons water and a squeeze of lemon juice, pinch of salt, 2 teaspoons bloater paste. Rub half the bloater paste into the flour, add the mixed egg yolk and water and make a fairly soft dough. Roll out thinly, put on the butter, pressed into a flat shape about half the size of the dough. Press the edges firmly together. Roll out gently, fold in three, and let stand in a cool place for about 10 minutes. Repeat this rolling and folding process seven times, rolling out fairly thinly the last time. Cut into strips about 3 inches by  $\frac{1}{2}$  inch. Bake in a hot oven for about 10 minutes. Allow to get cold, then spread with the other half of the bloater paste, and pile on top whipped cream flavoured with salt and cayenne.

9

## SAVOURY PATTIES

Chop 1 set of cooked brains finely with 1 hard-boiled egg, a little cayenne and chopped parsley. Add to 1 cup of good white sauce and mix well. Fill baked pastry cases with mixture. Garnish with parsley and serve very hot.

10

## STEAK WITH CHESTNUTS

Take a thick piece of steak and make a pocket. Stuff with mashed, seasoned chestnuts. Sew up. Brown in hot fat, add a little water or stock and simmer till tender.

11

# MAY

## WALNUT AND CHIVE ROLLS

- 12 Remove crusts from very thin slices of bread. Cut bread into pieces about  $2\frac{1}{2}$  inches square. Spread each piece with creamed butter and cover with a mixture of finely-grated cheese, finely-chopped walnuts and chives. Roll up and secure with toothpicks if necessary.

## TOASTED CHEESE SANDWICHES

- 13 Put cheese through the mincing machine, or grate. Mix to a paste with a little milk. Beat till creamy. Add chopped nuts, chopped celery, chopped stuffed olives, or chopped raisins, or chopped pickles. Make into sandwiches between thin slices of day-old bread. Fasten with toothpicks, and toast till golden brown on both sides.

## BUBBLE AND SQUEAK

- 14 Use left-over cooked cabbage, potatoes and roast beef for this dish. Chop the cabbage and potatoes into rough pieces and fry in a little tasty dripping, then add small pieces of roast beef to heat through. Serve very hot with tomato sauce.

## SAUSAGE CUPS

- 15 Cut thin slices of German sausage, leaving the skin on. Fry till they curl up a little and become cup-shaped. Fill with scrambled egg sprinkled with finely-chopped parsley. Serve on mashed potato.

## VEGETABLE CURRY

- 16 Melt 1 tablespoon butter in a saucepan and stir in 1 dessertspoon flour and 1 dessertspoon curry powder. Add 1 breakfast cup milk and stir till it boils. Cut up some cold cooked vegetables and add to saucepan. Cook gently for 15 to 20 minutes. Serve very hot.

## VEGETABLE FRITTERS

- 17 Any vegetables may be used. They should be cooked but should retain their shape. Suitable vegetables are sprigs of cauliflower, short lengths of celery, Brussels sprouts, artichokes, slices of parsnip or carrot, small onions, rounds of cucumber. Make a fritter batter with  $\frac{1}{4}$  lb. flour, pinch of salt, 1 tablespoon oil or melted butter,  $\frac{1}{4}$  pint luke-warm water, and the stiffly beaten white of an egg. Dip the assorted vegetables into the batter and wet fry. Serve very hot, sprinkled with grated cheese.

**SAVOURY CRESCENTS**

Spread crescent-shaped canapés with anchovy butter. On one half of each crescent pile chopped hard-boiled egg white. On the other pile hard-boiled egg yolk. Divide the yolk from the white by sticking in a small sprig of cress. Dust lightly with cayenne and serve cold. **18**

**SARDINE SAVOURIES**

Twelve sardines,  $\frac{1}{4}$  lb. flour, 2 oz. grated cheese, 1 yolk egg, squeeze of lemon juice, 2 tablespoons water, 1 oz. butter. Sift flour with a pinch of salt. Rub in the butter and the grated cheese. Make into a stiff paste with the mixed egg yolk, water and lemon juice. Roll out thinly and stand for about an hour. Cut into 12 strips, place a sardine on each strip, and sprinkle with a little lemon juice. Fold over, press the edges firmly together. Fry till golden brown in deep hot fat. Sprinkle with grated cheese and serve hot or cold. **19**

**POTATO CROQUETTES**

To  $2\frac{1}{2}$  cups creamed potatoes add 1 dessertspoon melted butter, 1 small egg, beaten, and a little salt and pepper. Mix well and form into pear shapes. Dip in beaten egg and breadcrumbs and fry in hot fat. Drain and stick small parsley stalk at narrow end. Serve hot, arranged on a dish of hot green peas. Canned peas will do. **20**

**FISH PUFFS**

Shred cold cooked fish finely. Make a sauce with 1 oz. butter, 1 tablespoon flour and  $\frac{1}{2}$  cup milk. Add fish to the sauce and reheat. Stir in two well-beaten eggs, salt and pepper. Wet fry in very hot fat spoonfuls of the mixture. Serve with lemon slices and parsley. **21**

**GHERKIN SAVOURIES**

Have ready some buttered biscuits. Mince together  $\frac{1}{2}$  cup gherkins and 2 hard-boiled eggs. Season with pepper and salt and pile on prepared biscuits. **22**

**CHEESE PUDDING**

Line a greased pie-dish with slices of bread and butter. Make a cheese custard with 3 well-beaten eggs, 1 cup of grated cheese, salt, pepper, cayenne, and 1 pint of milk. Pour into pie-dish. Place a few thin slices of bread and butter on top. Sprinkle with grated cheese, stand in dish of water and bake in a moderate oven till set. **23**

## MAY

### CHICKEN CROQUETTES

- 24 Melt 1 tablespoon butter in a saucepan and stir in 1 tablespoon flour. When quite smooth add cup of water or stock. Boil for 2 minutes. Add 1 cup of diced cooked chicken, 1 heaped tablespoon cooked ham, a little finely-chopped parsley, pepper and salt. Turn mixture out to cool, then form into balls and cover with seasoned flour. Dip in beaten egg and breadcrumbs, then fry in very deep fat.

### SUNRISE SALAD

- 25 Grapefruit, prepared shrimps, mayonnaise, paprika. Cut grapefruit in halves. Carefully loosen the sections and remove the core. Remove each alternate section, and put a shrimp in its place. Place a teaspoon of mayonnaise in the centre and sprinkle with paprika.

### CHEESE STRAWS

- 26 Sift  $\frac{1}{4}$  lb. flour with a pinch salt, a little cayenne and 1 teaspoon baking powder. Rub in  $\frac{1}{4}$  lb. butter and  $\frac{1}{4}$  lb. grated cheese. Mix smoothly with 1 egg yolk and a little lemon juice. Knead well and roll thin. Cut into strips and bake a light brown on a greased slide.

### CHINESE CHICKEN

- 27 A quarter pound chopped almonds, 1 onion chopped very finely,  $\frac{1}{2}$  cup chopped celery,  $\frac{1}{4}$  cup sliced mushrooms, 1 cup diced cooked chicken. Fry the almonds in hot lard till light brown, remove, and cook the onions for about 5 minutes. Add the mushrooms and celery and cook another 5 minutes. Add 1 cup stock, salt, pepper, and  $\frac{1}{2}$  teaspoon sugar. Add the chicken, thicken with cornflour moistened with water. Lastly add 1 tablespoon sherry and the almonds.

### OYSTERS NATURAL

- 28 Remove oysters from shells. Wash shells and polish with a drop of salad oil. Into each prepared shell place 2 or 3 oysters sprinkled with lemon juice. Top oysters with a thin star of lemon and serve with tiny rolls of thin brown bread and butter.

### BURMESE FISH (with Sweet-sour Sauce)

- 29 Take fillets of fresh fish, rub with seasoned flour. Steam, or simmer in cooking wine if available. Cook till tender, put on serving dish and keep hot. To make the sweet-sour sauce, mix salt, sugar, vinegar and water and thicken with moistened cornflour. Bring to boil and pour into pan in which a little finely-chopped green ginger and minced onion have been fried in lard. Bring to the boil, taste, adding more sugar, or salt or vinegar if needed. Pour over the fish.

**MAY****POTATO FINGERS**

Cream some mashed potatoes, season with pepper and salt, add 1 well-beaten egg,  $\frac{1}{2}$  cup breadcrumbs and a finely-chopped small onion. Form prepared potatoes into fingers, then dip them in beaten egg and breadcrumbs. Cook in very hot fat till a golden brown. Nice for suppers or afternoon teas. **30**

**HAMBURGERS**

One and a half pounds minced steak, 2 mild onions, sliced thinly, 3 or 4 ripe tomatoes sliced, round flat bread rolls, dripping, salt and pepper. Season the meat well, adding a little breadcrumbs if wished. Make into flat cakes about the same size as the rolls. Fry in hot dripping. Split open the rolls and toast. When the meat is done, lift out and keep hot. Dip the cut side of the rolls into the hot dripping. Then put a slice of onion on the bottom part of the roll, then a slice of tomato, then the meat cake, then the top of the roll. Sprinkle the different layers with a little salt and pepper and, if wished, a little mustard or salad dressing. Serve the hamburgers at once, very hot. Good at picnics. **31**

**JUN****WINTER ROLLS**

Watercress, fresh bread, butter, anchovy or bloater paste. Wash watercress well, pick off the leaves, and chop, adding a little salt. Cut slices of buttered bread very thinly, and remove crusts. Spread alternate slices of bread with chopped cress and anchovy paste. Put an anchovy slice on top of a cress one, rolling up together, and pressing into shape. Cut each roll across in two. Put a sprig of cress in the end of each roll. **1**

**MIDGETS**

Heat midget sausages thoroughly in boiling water. Drain and slit each one halfway through. Scoop out a little meat and fill cavity with a little of the following mixture. Mix well 2 tablespoons made mustard and 1 teaspoon finely-grated horse-radish. Stick each prepared sausage with a toothpick and serve on lettuce leaves. **2**

**KIDNEY OMELET**

Skin and chop a sheep's kidney very finely and fry till cooked, with a little minced onion, salt and pepper. Make the omelet, allowing 2 eggs to each person. Beat the eggs slightly, add salt and pepper. Have butter very hot in the pan. Add 1 tablespoon boiling water to each egg and pour at once into the hot fat. Cook till set. Place under the griller to brown the top. Place on a very hot plate, put on the kidney mixture to form a filling and fold over. Serve at once. **3**

**HOT SAVOURY ROLLS**

- 4 Mix some tomato sauce with a soft cream cheese and spread on very thin slices of buttered brown bread. Remove crusts, roll slices, secure each one with a toothpick and bake till crisp and nicely toasted.

**CELERY SOUFFLE**

- 5 Half a pound celery, blade of mace, pepper and salt, bay leaf, 1 oz. flour, 1 oz. grated cheese, 1 slice of onion, 1 cup milk, 1 oz. butter, 3 eggs. Cook the celery with the seasonings in the milk till tender. Rub through a sieve. Put  $\frac{1}{4}$  pint water and 1 oz. butter in a saucepan, stir in the flour and bring to the boil. Beat well. Stir in the celery puree and cool a little, then add the grated cheese. Stir in the beaten egg yolks, and last of all the stiffly beaten whites. Bake in greased moulds in a hot oven, serving at once.

**AMERICAN HAMBURGER**

- 6 Season 1 lb. minced meat with pepper and salt, add 1 cup flour and 1 slightly-beaten egg. Mix well and roll out on floured board. Chop 1 onion finely and sprinkle over meat. Fold meat over, roll again and cut into rounds with large biscuit cutter. Fry in shallow fat, turning with a knife to cook both sides. Serve on a mound of hot mashed potatoes with tomato sauce.

**CHEESE PANCAKES**

- 7 Make a batter of 4 oz. flour, 2 eggs, salt, pepper, cayenne, little nutmeg, and  $\frac{1}{2}$  pint milk. Then add 2 oz. grated cheese. Use a small pan, and make the pancakes very thin. As each pancake is cooked, sprinkle with grated cheese before rolling up. Serve very hot.

**DEVILLED KIDNEYS**

- 8 Trim and dice 4 kidneys. Fry in saucepan with 1 cup chopped bacon. Drain off fat, cover with water and boil for few minutes, then thicken with cornflour. Serve on buttered toast with small pieces of fried bacon.

**STUFFED MARROW**

- 9 Boil a small marrow whole till tender. Cut in halves lengthwise, and scoop out the seeds. Put the halves on a baking-dish, and fill with a mixture of seasoned breadcrumbs, chopped cooked bacon and an egg. Bake till brown.

**CREAMED CHICKEN**

Dice some cold cooked chicken and heat in very little water. Make a white sauce of 1 pint milk, 2 tablespoons butter, 1 tablespoon cornflour and salt and pepper to taste. Add chicken to the sauce and serve on well-buttered hot toast. Garnish with parsley. **10**

**SPINACH EGGS**

Wash spinach or silver beet or any other green vegetable. Chop finely. Cook for a few minutes in a little hot lard, then add enough water to prevent burning and cook till just done. Season with salt and pepper. Poach eggs in round balls. This is done by having a saucepan full of boiling salted water, stirring rapidly till the water is moving quickly and dropping in the eggs. Arrange each egg in a hollowed mound of spinach. **11**

**DEVILLED SAUSAGES**

Boil 3 pork sausages in water for 10 minutes. Skin them and cut into four lengthwise. Fry slices of bread in very hot fat until golden brown. Drain fried bread and cut into pieces 3 inches by 1 inch. Butter each piece and top with a sausage slice. Sprinkle with a little cayenne and place under grill to heat through. Serve on hot dish garnished with parsley. **12**

**SUKIYAKI**

Half a pound steak cut in very thin strips about  $1\frac{1}{2}$  inches by  $\frac{1}{2}$  inch, 6 spring onions chopped, 1 large onion cut in very thin rings, 1 large carrot cut in rings, the chopped heart of a small cabbage, 1 cup sliced mushrooms, 2 oz. lard, 1 dessertspoon sugar, soya sauce (or meat extract and salt) mixed with a cup of hot water. Make the lard hot in a pan, put in meat and sear on both sides, then add the vegetables a little at a time, stirring well. Add the sugar and water, and simmer for ten minutes. The vegetables should still be rather crisp. Serve with rice. **13**

**HUNT CLUB SAVOURY**

Mix 1 tablespoon of made custard with  $\frac{1}{4}$  lb. butter. Spread on thick slices of bread. Cover each slice with grated cheese, sprinkle with lemon juice, then with breadcrumbs. Bake in hot oven for 10 minutes. Serve hot, cut into fingers. **14**

**CHEESE RUSKS**

- 15** Eight ounces self-raising flour, 2 oz. margarine or butter, 2 oz. grated tasty cheese, one egg beaten with  $\frac{1}{2}$  cup milk, salt and cayenne. Rub butter into the sifted flour, add the grated cheese, salt and cayenne. Make into a scone mixture with the milk and egg. Put on a floured board and pat into shape. Cut into small oblong pieces, brush with milk, and bake in a hot oven for about 6 minutes. Take from the oven, break open and put the halves back and cook slowly for about  $\frac{1}{2}$  hour till crisp and delicately browned. Cool to serve, spread with a paste made by mixing 1 tablespoon butter, 2 tablespoons grated cheese, salt, pepper, and a little mustard till creamy.

**STEAK CAKES**

- 16** Mince together 1 lb. steak and 1 small onion. Add the mince to 1 heaped cup breadcrumbs and  $\frac{1}{2}$  cup canned tomato pulp. Season with pepper and salt and mix sparingly with a little stock or gravy. Form into flat cakes, dredge with flour and fry a tempting brown in very hot fat. Serve with brown gravy or hot tomato sauce.

**MUSHROOM EGGS**

- 17** Wash mushrooms, chop, and fry in butter. Place on rounds of toast. Add a layer of creamy scrambled egg, and a sprig of mint.

**SAGO TOAST SAVOURY**

- 18** Well wash  $\frac{1}{2}$  teacup sago and cook in 1 pint of water till clear, stirring all the while. Drop in 1 unbeaten egg, stir well and cook until egg thickens without boiling. Take saucepan off fire, then add  $\frac{1}{2}$  breakfast cup grated cheese,  $\frac{1}{4}$  teaspoon mustard, 2 tablespoons chopped parsley and season with pepper and salt. Serve hot on buttered toast and sprinkle with cayenne.

**LIVER FARCI**

- 19** Half a pound calves' liver, 1 small carrot, 1 small turnip, 1 small onion, bunch of herbs,  $\frac{1}{4}$  lb. bacon, salt, pepper, nutmeg. Cut up bacon and fry. Slice the liver and fry with the bacon. Chop the vegetables fine and add with seasonings. Cook till tender, adding a little water if necessary. Rub through a sieve. Spread on toast.

**FOUNDATION PASTRY**

- 20** Sift 1 cup flour with a shake of cayenne and a pinch salt. Rub in  $\frac{1}{2}$  cup finely-grated cheese and 1 tablespoon butter. Mix stiffly with a little milk. Roll out thinly and cut into shapes, or use as pie crust or for savoury cases.

**CHICKEN CELESTIAL**

A young chicken,  $\frac{1}{2}$  lb. chestnuts, small piece of garlic, 2 table-  
spoons sherry, small piece green ginger, salt, pepper, 1 dessertspoon  
lard. Cook and peel the chestnuts. Chop the chicken into very  
small joints. Melt lard, add chopped garlic and chopped ginger.  
Cook till soft and mash well. Add the pieces of chicken and brown.  
Then add salt, pepper, sherry, and a little stock. Cover and simmer  
till tender. Add the chestnuts and heat through. Serve with rice. **21**

**CRUMBED ARTICHOKEs**

Boil artichokes for 10 minutes, then drain and cool. Dip cooled **22**  
artichokes in beaten egg and breadcrumbs and fry a light brown.  
Drain and serve very hot.

**SAVOURY BOATS**

Make short crust and line little savoury boat tins. Bake and **23**  
fill with a mixture made of  $\frac{1}{4}$  cup seeded raisins minced with  $\frac{1}{2}$  cup  
cooked ham, 2 tablespoons pickles, salt and pepper. Coat with  
mayonnaise. Serve cold.

**SAVOURY PUFFS**

Bake fingers of puff pastry. Finely chop 1 small pickling onion **24**  
and mix with a little mayonnaise. Pile on baked fingers and top  
with a sprinkle of chopped parsley.

**INDIAN DHALL**

Soak  $\frac{1}{2}$  lb. lentils for 24 hours. Fry large minced onion till brown, **25**  
add 1 tablespoon raisins, lentils, pepper, salt and 1 pint stock.  
Simmer till cooked, add lemon juice and curry powder to taste.  
Serve with boiled rice and chutney.

**SAVOURY PYRAMIDS**

Fry or toast  $\frac{1}{4}$ -inch thick slices of bread and cut into diamond **26**  
shapes. Mix 1 tablespoon butter with some smoked roe and season  
with cayenne. Pile in pyramids on toast diamonds. Garnish with  
finely-chopped parsley and a strip of red pepper.

**DEVON PUDDING**

Three tablespoons fat from meat, 4 well-beaten eggs mixed with **27**  
 $2\frac{1}{2}$  level tablespoons flour and 1 cup milk. Make the fat hot in a pan.  
Add the egg mixture. As it cooks, lift so that the uncooked mixture  
may run underneath to cook. Place on a hot plate surrounded by  
browned mashed potatoes and rolls of bacon.

## **JUN**

### **COLUMBIA SAVOURIES**

- 28 Grate 2 oz. cheese and mix with  $\frac{1}{2}$  cup mashed potato and a little chopped parsley. Divide into 6 or 8 portions and place each one on a rasher of bacon. Roll up and place each one then on an oblong of short pastry. Cut each piece of pastry about 2 inches by 4 inches. Dampen edges of pastry and press together over bacon roll. Bake 15 to 20 minutes.

### **SHRIMP AND RICE SALAD**

- 29 A quarter pound rice, 1 cup shrimps, 2 hard-boiled eggs, salt, pepper, 1 tablespoon vinegar mixed with 2 tablespoons salad oil. Boil the rice, and cool. Mix with the shrimps and chopped eggs. Arrange in a bowl lined with shredded lettuce and pour the dressing over. Decorate with parsley and very thin slices of lemon.

### **CELERY AND POACHED EGG**

- 30 Cut washed celery stalks into 1-inch pieces and boil till tender, then drain. Melt 1 tablespoon butter in saucepan, stir in celery, add 1 cup milk and salt and pepper to season. Heat thoroughly. Poach as many eggs as required, in boiling water, to which has been added 1 teaspoon vinegar. Place each egg on a small square of toast and arrange squares around a hot dish. Pour creamed celery into middle and sprinkle with finely-chopped parsley.

## **JUL**

### **CABBAGE RING**

- 1 Two cups shredded cabbage, 2 cups grated carrot,  $\frac{1}{2}$  cup chopped peanuts,  $\frac{1}{2}$  cup diced celery, 1 cup salad dressing. Mix the celery, nuts, and dressing. Arrange a ring of cabbage around a ring of carrot on individual salad plates. Put some of the celery nut mixture in the middle.

### **SAVOURY CHOPS WITH MASHED POTATOES**

- 2 Roll as many chops as required in flour, place in casserole and sprinkle with salt and pepper. Mix in a basin 2 tablespoons vinegar, 2 tablespoons Worcestershire sauce, 3 tablespoons tomato sauce and enough liquid to cover the prepared chops. Cover casserole and cook 2 hours. Serve with mashed potatoes.

## FRIED RICE

Two cups cooked rice, 1 finely-chopped onion, 2 well-beaten eggs, 1 teaspoon soy sauce (or salt), 2 tablespoons chopped ham or bacon. Fry the onion till light brown in a little hot lard, add the chopped bacon and cook for a few minutes. Then add the cooked rice, lastly the eggs and sauce, stirring till the eggs are set. 3

## CREAMED VEGETABLES

To 1 cup of left-over white sauce add 2 cups of left-over diced vegetables. Heat thoroughly and serve on rounds of buttered toast. Sprinkle each serving with grated cheese and finely-chopped parsley. 4

## BEEF CREAMS

Threequarters of a pound of lean beef, 1 oz. butter, 1 oz. flour,  $\frac{1}{4}$  pint stock, 1 egg, 2 tablespoons cream or top milk, salt, pepper, chopped parsley. Put beef through mincing machine. Melt butter, stir in the flour, add the stock, and cook well. Add the beef, cream and seasonings. Put into greased moulds. Stand in a baking-dish in water and bake till set. Turn out on to a mound of mashed potato and put a border of green peas round. 5

## STEAMED RICE AND MINCE MOULD

Line a well-buttered basin with cooked rice. Well fill with seasoned minced meat and top with a layer of rice. Cover with buttered paper and steam for 30 minutes. To serve, turn out on hot dish and pour hot tomato sauce over. 6

## ORANGE SALAD

Choose a mild onion and cut in very thin slices. Stand for 1 hour in a mixture of oil and vinegar. Then place each onion slice between a slice of orange and a slice of cucumber. Arrange on lettuce leaves and serve with biscuits and cheese. 7

## HASH

Add 2 cups mashed potatoes to 2 cups minced cooked meat and season with pepper and salt. Mix with very little water or gravy and fry a golden brown in very hot fat. Stir well while cooking and serve piping hot with toast fingers. 8

## **JUL**

### **FISH SOUFFLE**

- 9 One dozen oysters or 1 whiting, 1 oz. butter or margarine, 1 oz. flour, salt, cayenne,  $\frac{1}{4}$  pint fish stock or milk, 3 eggs. Heat butter, add flour, stir till smooth, add stock, and boil 2 minutes. Cool a little. Add beaten yolks a little at a time, beating well. Add the chopped fish, and flavourings. Fold in the stiffly-beaten whites, put in a greased mould and steam or bake for 30-40 minutes.

### **MONTE CARLO WALNUTS**

- 10 Finely chop  $\frac{1}{4}$  cup of walnuts and mix well with a small cream cheese. Season with pepper and salt. Form into small balls and roll in chopped parsley. Serve each ball on a tiny round of fried bread. Serve cold.

### **LYONNAISE EGGS**

- 11 Six eggs,  $1\frac{1}{2}$  cups milk, 1 finely-chopped onion, 1 tablespoon flour,  $\frac{1}{2}$  cup breadcrumbs, 2 tablespoons butter or margarine, salt and pepper. Mince onion, cook in butter till lightly browned, add flour and stir till smooth. Add the milk, stir till boiling and cook for a few minutes. Season. Pour into a baking-dish. Carefully place the eggs on top, sprinkle with breadcrumbs and bake gently till the eggs are set.

### **MACARONI CHEESE MOULDS**

- 12 Butter moulds, and line with cooked macaroni. Fill centre with finely-shredded cheese. Top with finely-chopped cooked ham, and bake for 20 minutes.

### **BRAISED LIVER**

- 13 One lamb's fry, 4 rashers bacon, 3 tablespoons flour, salt and pepper, one thinly-sliced onion, carrot and turnip. Wash the fry, cut into slices, dip in seasoned flour. Cook the bacon, lift out, and fry the liver in the bacon fat. Sprinkle with the rest of the flour. Add the sliced vegetables, bacon, and  $\frac{1}{2}$  pint stock or water. Simmer for  $\frac{1}{2}$  hour.

### **FAVOURITE SAVOURY**

- 14 Mix well together  $\frac{1}{2}$  cup chopped cooked ham,  $\frac{1}{2}$  cup chopped walnuts, 1 tablespoon chutney,  $\frac{1}{2}$  teaspoon mixed mustard, 1 tablespoon butter, salt and pepper to taste. Butter slices of toast, cut in small squares and spread with ham mixture. Top each square with a thin slice of cheese. Pop in oven till brown.

## LIMA BEAN CROQUETTES

Soak beans overnight, cook till soft, rub through a sieve, add seasonings and a beaten egg. Shape into small cakes, dip in egg and breadcrumbs and fry till golden brown. 15

## CHILI CHEESE CHIPS

Well mix a cream cheese with as much chili sauce as desired and pile lightly on crisp potato chips. 16

## VEAL ROLLS

One pound veal,  $\frac{1}{2}$  lb. bacon, grated rind  $\frac{1}{2}$  lemon, 1 beaten egg, little grated nutmeg, salt, pepper, thyme. Put the veal and bacon through the mincing machine twice. Add seasonings and egg. Form into little rolls. Wrap each one in greased paper and bake in a moderate oven. When done, remove the paper, put on hot dish with slices of cooked carrot round. Pour brown gravy round. 17

## COCKTAIL CANAPES

Mix well together  $1\frac{1}{2}$  tablespoons grated cheese,  $1\frac{1}{2}$  tablespoons chutney, a little salt, a shake of cayenne and  $\frac{1}{2}$  teaspoon mixed mustard. Spread on fingers of hot buttered toast or fried bread. Serve hot. 18

## COLD SLAW

Take the inside leaves of a young cabbage. Shred finely. Make a dressing by beating the yolks of three eggs, adding  $\frac{1}{2}$  cup vinegar, 1 oz. butter, 1 tablespoon mustard, 1 teaspoon sugar, salt, pepper. Cook in a double boiler till thickened. Pour over the shredded cabbage, and allow to cool. Serve with cold corned beef. 19

## MINCED VEAL ON TOAST

Mince  $1\frac{1}{2}$  cups cooked veal and heat thoroughly in well-buttered pan. Season with pepper and salt, dredge well with flour and shake pan till flour is browned by meat. Add a little water or gravy and serve piping hot on buttered toast or fried bread. 20

## KIDNEY PUDDING

Make suet crust, roll out thinly and line a greased basin. Put in an ox kidney, chopped with  $\frac{1}{4}$  lb. bacon and  $\frac{1}{2}$  lb. steak. Season with salt, pepper, 2 chopped shallots, 1 teaspoon parsley,  $\frac{1}{2}$  teaspoon thyme. Sprinkle over 2 teaspoons flour. Add 1 cup water or stock. Cover with the suet crust. Put into boiling water and boil for 3 hours. 21

**EGG AND SAUSAGE SCRAMBLE**

- 22** Skin 6 parboiled sausages and cut into rings. Fry a few minutes in 2 tablespoons butter. Take sausage rings from pan and keep hot. Beat 3 eggs slightly, add  $\frac{1}{2}$  cup milk and pepper and salt to season. Pour into pan and stir till almost set, then add sausage rings carefully to avoid breaking them. Serve very hot on small squares of toast with potato chips.

**PASTRY BASKETS**

- 23** Make short crust by rubbing 5 oz. butter or other shortening into 8 oz. plain flour which has been sifted with salt and cayenne. Mix to a fairly dry paste with the yolk of egg beaten with a little water and lemon juice. Roll out thinly. Grease small tins and line with the pastry. Cover with greased paper, and fill with uncooked rice. Bake in a fairly hot oven for 15-20 minutes. Cut any left-over paste into rings. Bake till light brown. Serve the pastry baskets either hot or cold, filled with any savoury filling, such as chopped cooked meat or fish heated in stock, or gravy, or cream sauce. Place the pastry rings over the top to form handles.

**PARTY CREAMS**

- 24** Slightly beat 2 eggs, season with pepper and salt, then add 1 tablespoon grated cheese and 2 tablespoons cream. Butter tiny moulds and fill with mixture. Stand moulds in pan of water and bake in oven till set, then set aside to cool. Turn out when cool and dip in beaten egg and breadcrumbs. Fry in hot fat till delicately browned. Drain and serve in paper cases.

**BROWN EGGS**

- 25** Put well-flavoured gravy into a dish. When hot, slip in the eggs, and cook till set. Serve with the gravy on rounds of toast.

**COLD PORK SAVOURIES**

- 26** One cup cold pork, cut in small pieces,  $\frac{1}{2}$  cup stewed apple,  $\frac{1}{2}$  cup good white sauce mixed well together. Fill greased ramekins with mixture, top with fine breadcrumbs and grated cheese. Bake till nicely browned.

**JUL****VEAL CASTLE**

Half a pound cold cooked veal or other meat. Flavour with salt, pepper, grated lemon rind. Add 1 tablespoon chopped cooked bacon or ham. Add 4 oz. breadcrumbs moistened with milk. Add 1 beaten egg. Grease a tall mould, line with slices of hard-boiled egg. Press in the meat mixture. Cover with greased paper, and steam for three-quarters of an hour. Turn out, serve hot or cold with pickled cucumber. **27**

**BAKED APPLE RINGS AND SAUSAGES**

Dip pork sausages in cold water and remove skins. Cut sausages lengthwise and place on rack in baking-dish with a little dripping. Under rack place rings of apple and bake all for  $\frac{1}{2}$  hour in moderate oven. Serve with lightly creamed potatoes. **28**

**SARDINE BISCUITS**

Mash sardines, flavour with lemon juice. Spread on dry biscuits or rounds of toast. Put a slice of hard-boiled egg on top, and 2 or 3 capers. **29**

**OYSTERS AND BACON SAVOURY**

Take  $\frac{1}{2}$  cup cream, 2 cups milk, 1 tablespoon butter, 1 heaped tablespoon flour and make a good white sauce. To this add 1 cup oysters and  $1\frac{1}{2}$  cups chopped bacon. Cook gently and serve on hot buttered toast. **30**

**SWEDISH MEAT BALLS**

Two cups steak chopped finely,  $\frac{1}{2}$  cup breadcrumbs, 1 egg slightly beaten, salt, pepper, nutmeg to taste. Mix these ingredients and make into little balls. Stand for an hour. Brown in a little hot fat. Lift out, add 2 level tablespoons flour and brown. Add 1 pint of stock, bring to the boil, and season to taste. Add the balls to the sauce, cover and simmer for  $1\frac{1}{2}$  hours. **31**

**AUG****CHEESE PUFFS**

Four rounded tablespoons grated cheese, 2 rounded tablespoons dried white crumbs, 4 stiffly-beaten whites of eggs, salt, cayenne. Whip the whites of eggs stiffly, stir lightly into the crumbs and grated cheese. Drop in small spoonfuls into very hot fat. Sprinkle with grated cheese and serve very hot. **1**

## AUG

### COTTAGE PIE

- 2 Mince any left-over cooked corned beef, mix with 1 cup white breadcrumbs, 1 cup mashed cooked potatoes, 1 tablespoon tomato sauce and a beaten egg. Turn into baking-dish, cover with a layer of mashed potatoes and dab with butter. Bake in hot oven till a tempting brown.

### DEVILLED WHITEBAIT

- 3 One tin whitebait, flour, salt, cayenne. Drain the fish to remove the liquid, then cover well with flour. Put into a frying-basket and wet fry in hot fat till golden brown. Sprinkle with salt and cayenne. Serve hot with thin slices of brown bread and butter.

### SPAGHETTI RING SAVOURY

- 4 Place on a hot oval meat-dish some diamonds of buttered toast. Pour over toast 2 cups of hot creamed left-over vegetables and surround all with hot canned spaghetti. Garnish with tiny diamonds of toast stuck in the creamed vegetables.

### KIDNEY HOT POT

- 5 Half a pound ox kidney, 2 large potatoes, 2 onions, 2 carrots, 2 turnips, seasoned flour, chopped parsley, thyme. Cut the kidney into small pieces and dip in the seasoned flour. Cut the vegetables into slices. Place in layers in a casserole, potatoes being the top layer. Cover with water or stock, put on the lid and cook for 1½ hours. Remove the lid and cook till potatoes are browned.

### SAVOURY PUFFS

- 6 Roll puff pastry out very thin and cut into small squares. Flake some cooked fish and season with pepper and salt. Put a little on each pastry square, roll up, dip in beaten egg, then in breadcrumbs and fry in hot fat. Serve hot garnished with parsley or cress.

### CAULIFLOWER SOUFFLE

- 7 Small cauliflower, 1 oz. butter, 1 oz. flour, ¼ pint milk, 4 eggs, 2 oz. grated cheese, salt. Cook cauliflower till just tender, cut into small pieces and put into a buttered casserole. Make a thick white sauce with the butter, flour and milk. Remove from the fire, and add the egg yolks one at a time beating well. Add salt and grated cheese. Lastly fold in the stiffly-beaten whites. Pour over the cauliflower and bake in a moderate oven for about ½ hour.

## GRILLED BACON AND CURRY RISsoles

Mix well together 1 cup cooked rice, 1 cup cold curried meat and 1 dessertspoon flour. Form into balls, dip in batter and fry in boiling fat. Serve with grilled bacon and sliced lemon.

8

## HAM BALLS

One cup milk,  $\frac{1}{2}$  cup soft breadcrumbs, 1 cup minced cooked ham, 1 beaten egg, salt, pepper, chopped parsley. Put milk on to boil, add the breadcrumbs, stir till thick. Add the seasonings, beaten egg, and ham. Cool, form into balls, roll in breadcrumbs and fry in deep, hot fat till golden brown.

9

## CANAPES OF CHEESE AND CHIVES

Finely chop chives and mix with a cream cheese, a little cream and a good pinch of salt. Serve on small fancy-shaped pieces of toast. Sprinkle with cayenne.

10

## DANISH CABBAGE

One solid cabbage, 1 lb. minced steak, little minced bacon, 1 minced onion,  $\frac{1}{2}$  cup breadcrumbs,  $\frac{1}{2}$  cup milk, 1 egg, chopped parsley, salt and pepper. Scoop centre from cabbage. Fill with the above ingredients well mixed. Tie in cloth, and boil for  $1\frac{1}{2}$ -2 hours.

11

## TRIPE ROLL

Well wash 1 large piece of tripe about 2 lb. in weight. Make a mixture of  $\frac{1}{2}$  lb. sausage meat and 3 finely-chopped bacon rashers. Spread tripe with this and roll up. Bake in slow oven till tender. Serve with tomato sauce.

12

## DIXIE CHICKEN SALAD

One cup water,  $1\frac{1}{2}$  level tablespoons cornflour, salt, pepper, lemon juice, 1 teaspoon grated onion, 2 cups chopped cooked chicken or rabbit,  $\frac{1}{2}$  cup cooked celery. Mix the cornflour with the cold water, add seasonings. Stir till boiling and boil for a few minutes. Add chicken, and celery. Spread on a flat dish about 1 inch thick. Cool. Cut into squares and serve on shredded cabbage. Put a slice of hard-boiled egg on each, add a little salad dressing and a sprig of parsley.

13

## AUG

### STUFFED SAVOURY APPLES

- 14 Wash and core 6 cooking apples. Fill each prepared apple with savoury mince or sausage meat, place in a baking-dish with a little water and bake until apples are tender. To serve, top each apple with a slice of grilled ham, pour over a little gravy and surround with potato chips.

### EGG AND PRAWN SCALLOPS

- 15 Grease small fireproof dishes. Place 4 shelled prawns in each. Sprinkle with salt, pepper and grated cheese. Drop an egg in each. Sprinkle with breadcrumbs mixed with grated cheese. Bake gently 7-10 minutes till brown.

### NEST EGGS

- 16 By scooping out some crumbs, make a well on one side only of thick slices of bread. Fry these slices in very hot bacon fat. As the bread is frying break an egg into each well and serve piping hot when cooked.

### TIMBALES MACARONI

- 17 Mix  $\frac{1}{2}$  lb. cold cooked chopped meat with 4 oz. breadcrumbs, 1 tablespoon tomato sauce and  $\frac{1}{2}$  tablespoon Worcestershire sauce, salt, pepper, 2 beaten eggs, and enough stock or water to make a soft mixture. Cook  $\frac{1}{4}$  lb. of macaroni, drain, and line greased cups or small dishes. Press in the meat mixture. Cover with greased paper. Stand in a dish of water and steam or bake for an hour. Turn out and serve with tomato sauce or gravy. Raw minced meat may be used, but the timbales will take longer to cook.

### DEVILLED NUT SAVOURY

- 18 Chop finely  $\frac{1}{2}$  cup of devilled almonds or walnuts and mix well with a little sweet chutney. Make a biscuit dough with  $\frac{1}{2}$  lb. flour, pinch salt, small teaspoon baking powder,  $\frac{1}{4}$  lb. butter, small teaspoon sugar and enough milk to mix. Roll out thin, cut in small rounds and bake a golden brown. When cool, spread with butter and then with nut mixture.

### RIBBON SANDWICHES

- 19 Cut slices of bread lengthwise from a loaf. Spread the first slice with well-flavoured minced ham, cover with a slice of bread. Spread this with creamed cheese, and cover with a slice of bread. On this place chopped olives mixed with finely chopped eggs. Cover with the last slice of bread. Press firmly and allow to stand in a cool place. Cut in slices about 1 inch thick.

## POTATO SAVOURY

Make potato pastry and roll out. Spread with mashed cooked chicken liver seasoned with lemon juice, salt and pepper. Roll up, cut in slices and bake in a good oven till done. 20

**Potato pastry:** 1 cup mashed potato, 1 cup flour, 4 tablespoons dripping, 1 teaspoon baking powder, good pinch salt and enough milk to make a nice dough.

## SALMON PUDDING

Half pound tin of salmon, 4 tablespoons breadcrumbs,  $\frac{1}{2}$  cup milk, 2 eggs, beaten, flavourings of salt, cayenne, lemon juice, anchovy sauce. Grease a mould and line with the breadcrumbs. Press in the mixture of salmon, milk, eggs and seasonings. Steam for one hour. Turn out, serve either hot or cold with alternate slices of lemon and cucumber. 21

## OYSTER PUFFS

Bake fingers of puff pastry. Finely chop some oysters and mix with a little mayonnaise. Pile on puff pastry fingers and top with a sprinkling of chopped parsley. 22

## FRITTERS MARGUERITE

One tin corn, 1 cup self-raising flour, 2 eggs, salt, pepper, paprika. Sift dry ingredients, add to the corn. Separate whites and yolks. Add the beaten yolks to the corn mixture. Fold in the stiffly-beaten whites. Fry spoonfuls in hot fat. Serve very hot. 23

## BAKED SUPPER SAVOURY

Well butter a deep tart-dish, line bottom and sides with grated cheese, break in as many eggs as the dish will hold, pour on some milk and season with pepper and salt. Bake in good oven for 15 to 20 minutes. 24

## SARDINE PUFFS

One breakfast-cup mashed potatoes,  $\frac{1}{2}$  cup self-raising flour, 6 large sardines, salt, pepper, egg and breadcrumbs. Mix the mashed potato with a little milk, butter, salt, pepper, and the flour. Cover the sardines with the potato mixture. Roll in egg and breadcrumbs. Fry in deep hot fat. Serve very hot, garnished with slices of lemon and sprigs of parsley. 25

## AUG

### SAVOURY SAUSAGE ROAST

- 26 Soak  $\frac{1}{2}$  lb. wholemeal bread in hot water for a few minutes, then squeeze it dry and knead it into  $\frac{1}{2}$  lb. pork sausage meat, adding a little of the water the bread was soaked in. Season with 1 dessert-spoon chutney, 1 teaspoon Worcestershire sauce, a good pinch of mixed herbs and salt and pepper. Form into a flat steak and place in a baking-dish with seasoned dripping. Cook until browned in a hot oven for  $\frac{1}{2}$  hour. Baste frequently. Serve with a good brown gravy.

### BOSTON PORK AND BEANS

- 27 Two cups beans (haricot, lima, or navy),  $\frac{1}{4}$  teaspoon pepper, 1 small onion,  $\frac{1}{2}$  cup treacle,  $\frac{1}{2}$  teaspoon salt,  $\frac{1}{2}$  teaspoon dry mustard, 2 oz. fat salt pork. Soak the beans overnight, adding a little baking-soda if the water is hard. Cook until they are tender but unbroken. Slice the pork and put half in the bottom of a casserole. Add half the beans and sprinkle over half the seasonings. Add the rest of the beans and seasoning. Peel the onion and bury it in the beans. Then trickle the treacle over the top. Spread the rest of the pork on top. Add 1 cup water. Cover and bake in a slow oven for 4 hours, until the water is absorbed and the beans are brown and mealy.

### SAVOURY CARROT LOAF

- 28 Mix 2 cups of grated raw carrot with 1 cup of breadcrumbs, 2 cups milk, 2 beaten eggs and  $\frac{1}{4}$  cup melted butter. Season with pepper and salt and bake in a moderate oven until set. Serve with parsley sauce.

### ROLY POLY

- 29 Make suet crust with  $\frac{1}{2}$  lb. flour,  $\frac{1}{2}$  teaspoon baking powder,  $\frac{1}{2}$  teaspoon salt,  $\frac{1}{4}$  lb. shredded suet,  $\frac{1}{4}$  pint water. Roll out. Spread with a mixture of sausage meat mixed with herbs, minced onion, salt and pepper. Roll up, tie in a floured cloth, put into boiling water and boil for 3 hours.

### CABBAGE CASSEROLE

- 30 Two pound of neck of mutton, 2 onions, 1 teaspoon salt, 3 table-spoons dripping, 1 shredded cabbage,  $\frac{1}{4}$  teaspoon pepper, 1 small piece of chili, shredded fine. Heat dripping and fry onions light brown. Fry meat also. Add all ingredients and  $\frac{1}{2}$  cup water. Turn into casserole, cover closely and simmer gently for 2 hours. Add more water if necessary. Just before serving add 2 teaspoons sugar. Serve with boiled rice.

**AUG****JELLIED RABBIT**

Make a forcemeat with breadcrumbs, minced onion, salt, pepper, herbs, grated lemon rind, moistened with milk. Stuff a rabbit and sew up. Put slices of hard-boiled egg in the bottom of a basin, and press in the rabbit. Put slices of bacon on top. Cover with stock with one level tablespoon of gelatine added to a cup of liquid. Steam the rabbit till very tender, at least 3 hours. Allow to cool. Turn out and serve with salad. **31**

**SEP****CURRIED TRIPE**

Cut  $1\frac{1}{2}$  lb. cooked tripe into small pieces and fry in a little hot butter. When nicely browned, add 1 dessertspoon curry powder and 1 cup of good gravy from any roast meat. Simmer for  $\frac{1}{2}$  hour and serve with thin slices of lemon. **1**

**SAVOURY NOODLES**

Quarter lb. plain flour, 2 beaten eggs,  $\frac{1}{2}$  teaspoon salt. Sift the flour and salt, add the eggs, mixing well. Turn on to a board and knead well, adding more flour if necessary. Roll out very thinly. Leave till firm, but not hard. Then flour well, and roll up. With a very sharp knife, cut into strips about  $\frac{1}{4}$  inch. Throw into a pan of boiling salted water and boil for  $\frac{1}{4}$  hour. Drain. Serve with savoury mince-meat or with hot tomato puree and grated cheese. **2**

**CHEESE AND ONION SAVOURY**

Slice 4 large onions into a pan with a little water and season with pepper and salt. When cooked tender, add 1 breakfast cup grated cheese. Simmer for a few minutes longer, then serve hot on buttered toast. **3**

**POTATO SOUFFLE**

Four large potatoes, 1 oz. dripping, 4 tablespoons milk, salt and pepper, 3 eggs. Scrub potatoes, and bake in a moderate oven till soft. Cut the potatoes across in halves, and scoop out. Mash potato very smooth. Boil the milk, pepper and salt, add potato, beating well. Take from the fire and add the beaten yolks. Lastly fold in the stiffly beaten whites. Put the mixture into the shells and bake in a quick oven for from 7 to 10 minutes. **4**

**ANCHOVY PUFFS**

Make puff pastry, roll out thin, cut in short strips  $\frac{1}{2}$  inch wide and bake in a very good oven. When cooked spread with the following mixture: Cream  $\frac{1}{4}$  lb. butter with 1 teaspoon anchovy paste or herring paste, a few drops onion juice and lemon juice. Serve hot. **5**

## SEP

### VEAL BALLS

- 6 Half lb. cold veal or other cooked meat, 8 tablespoons bread-crumbs, 2 tablespoons chopped parsley, 1 teaspoon mixed dried herbs, pepper, salt, grated nutmeg, 2 eggs. Mix the chopped meat finely with 6 tablespoons breadcrumbs. Season with salt, pepper, nutmeg, parsley and herbs. Add the beaten egg yolks. Make into small balls, with floured hands. Beat the whites slightly. Roll the balls in this and then in the rest of the breadcrumbs. Fry in hot fat.

### TOASTED CLUB ROLLS

- 7 Slice fresh bread very thin and remove crusts. Cream 2 table-  
spoons butter with 2 tablespoons grated cheese and add a little  
paprika and salt. Spread trimmed bread slices with mixture, roll  
up and secure with toothpicks. Toast and serve very hot.

### CELERY ROLLS

- 8 Cut very thin slices of brown bread, remove crusts, butter,  
sprinkle with salt. Cut stalks of celery in lengths to fit the bread.  
Fill the celery stalks with cream cheese. Place the stuffed celery on  
the bread, and roll up. Press gently into shape. Other rolls are  
asparagus, thin cooked sausages, or two steamed prunes stoned and  
filled with nuts.

### SAUSAGE PUFFS

- 9 Make Rough Puff pastry, roll out very thin and cut into strips  
about 4 inches by 3. Have a well seasoned mince of any cooked  
meat. Make into little rolls and place on the strips of pastry. Fold  
the pastry round and press edges together. Brush with egg and  
breadcrumbs, and cook in boiling fat till light brown.

**Rough Puff Pastry:**  $\frac{1}{2}$  lb. flour,  $\frac{1}{2}$  teaspoon baking powder,  $\frac{1}{4}$   
teaspoon salt, 6 ozs. shortening, 1 egg yolk beaten with a squeeze of  
lemon juice and  $\frac{1}{4}$  pint water. Sift flour, etc. Put on to pastry  
board, add the shortening and chop till about the size of walnuts.  
Then put in basin, mix with the liquid making a fairly moist dough.  
Put on floured board, knead lightly, roll into a square, fold in four.  
Press lightly, roll into a long oblong and fold in three. Roll out  
again into a square.

### SAUSAGE SURPRISE

- 10 Remove shells from 6 hard-boiled eggs. Roll eggs in flour and  
cover with sausage meat. Dip each one in beaten egg and bread-  
crumbs and fry a tempting brown. To serve, slice eggs in halves  
and place each piece on a tiny lettuce leaf.

### SARDINE SALAD

Mash sardines and mix with an equal quantity of hard-boiled chopped egg and 1 tablespoon chopped olive. Season with salt, pepper and lemon juice. Arrange in nests of lettuce leaves. Serve with mayonnaise, and garnish with thin slices of lemon. **11**

### FRIED HARICOT BEANS

Soak overnight 1 cup haricot beans, then cook in salted water till tender, adding a pinch of powdered sage and pepper to taste. Drain and fry in hot fat till golden brown. Serve with creamed carrots and parsnips. **12**

### LUCKY ROLLS

Take bread rolls. Cut in two, pull out all the crumb, leaving cup-shaped crusts. Press into shape so that they will stand. Fry till brown and crisp in deep hot fat, drain. Put a piece of cooked bacon in each roll and fill with cooked well-flavoured green peas. Garnish with sprigs of mint. **13**

### CELERY LOGS

Well wash a young head of celery. Part the sticks carefully and stuff the centres with cheese and butter creamed together and seasoned with salt and a dash of cayenne. After stuffing well, tie head together and chill. To serve, cut celery into 2-inch lengths and arrange on a dish as logs. **14**

### SAUSAGE SCRAMBLE

Half lb. sausage meat, 2 eggs, 1 oz. butter or bacon fat, 4 table-spoons milk, chopped parsley, salt and pepper. Put on the sausage meat, milk, melted butter and seasonings, and stir till cooked. Cool a little, add the beaten eggs and cook a few more minutes. Serve on square of toast. **15**

### LETTUCE CANAPES

Spread small rounds of buttered toast with chopped hard-boiled egg mixed with a little mayonnaise. Top each one with an evenly cut round of lettuce leaf, spread with anchovy butter. Garnish with capers. **16**

### SPICED MEAT BALLS

Mince  $\frac{3}{4}$  lb. beef with  $\frac{1}{4}$  lb. bacon. Add 1 egg, 1 small onion grated, salt, pepper and breadcrumbs. Form into balls. Have boiling about 2 pints water with 1 cup vinegar, 4 cloves, 1 tablespoon brown sugar and 1 teaspoon salt. Drop the balls into the boiling water, and cook gently for  $\frac{3}{4}$  hour. **17**

## SEP

### ROLLED OATS FRITTERS AND BACON

- 18 Two tablespoons rolled oats, 1 tablespoon flour,  $\frac{1}{4}$  teaspoon baking powder,  $\frac{1}{4}$  teaspoon salt, milk to mix. Mix the rolled oats, flour, salt and baking powder with enough milk to make a fairly thin batter. Drop spoonful lots into hot bacon fat and fry on both sides until a nice brown. Serve with bacon.

### AMERICAN RABBIT PIE

- 19 Simmer a rabbit with 2 onions, 1 bay leaf, salt, pepper corns, and 4 slices of bacon. When tender, remove meat from bones. Put rabbit, chopped onions and bacon into greased pie-dish. Thicken enough of the liquid to fill the pie-dish about two-thirds full. Bring the contents of the pie-dish to the boil. Make a scone dough with 2 level cups of self raising flour, 1 tablespoon lard, and 1 cup water or milk. Roll out, cut into rounds, place on top of rabbit mixture, and cook in hot oven till the scones are done. Serve very hot.

### HAM AND EGG PIE

- 20 Line a pie-dish with good flaky pastry and put in a layer of raw ham or bacon. Break in as many eggs as required and season with pepper and salt. Cover with a layer of pastry. Decorate top with stars of pastry and bake in a good oven for  $\frac{1}{2}$  hour.

### DENVER CANAPE

- 21 Mince  $\frac{1}{2}$  lb. cooked ham, add 2 chopped gherkins. Stir in 1 raw beaten egg. Make 1 tablespoon bacon fat hot in pan, stir in the ham mixture and simmer for about 5 minutes, stirring well. Serve on rounds of toasted or fried bread. Sprinkle a little of the chopped gherkin over.

### ONE EGG SOUFFLE

- 22 Quarter cup chopped ham, 1 egg,  $\frac{1}{2}$  cup cooked diced potatoes,  $\frac{1}{2}$  pint white sauce, 1 tablespoon freshly-chopped parsley, and a little seasoning. With half the sauce mix the ham, potato, parsley and seasoning together. Grease some patty tins and put a little of this mixture in each tin. Beat the egg yolk into the remaining sauce and fold in the stiffly beaten white. Add a little to each tin and bake for 10 minutes in a quick oven. Serve at once.

### SHRIMP WIGGLE

- 23 Make a rich white sauce. Add shrimps which have been cleaned and washed, chopped hard-boiled eggs, and some cooked green peas. Serve hot in patty shells or on toast.

**GOLDEN GATE CUTLETS**

Mix well together, 1 cup minced cold cooked meat, 1 cup bread-  
crumbs, 1 tablespoon chopped parsley, 2 tablespoons melted butter,  
salt and pepper to taste. Bind with beaten egg and 1 tablespoon  
mushroom ketchup. Shape into cutlets, then dip in beaten egg and  
breadcrumbs. Fry a tempting brown in very hot fat. **24**

**ONION FRITTERS**

One and a half cups raw onion, salt, pepper, 2 tablespoons drip-  
ping, 1 teaspoon golden syrup,  $1\frac{1}{2}$  level tablespoons cornflour, 2 eggs. **25**  
Cook the onion with the dripping, salt, pepper and golden syrup till  
light brown and tender, stirring often. Add the cornflour, then the  
well-beaten eggs, and fry spoonfuls in a hot greased pan.

**SUNDAY BREAKFAST DISH**

Poach carefully 4 eggs and place on flat dish to cool. Separate **26**  
the yolks from whites of 2 eggs. Add yolks to 2 tablespoons flour  
mixed with 2 tablespoons milk and 1 tablespoon of salad oil. Beat  
till smooth. Beat the egg whites till stiff and fold into batter just  
before using. Dip poached eggs into batter, coating them well. Use  
a spoon to lift eggs into boiling fat and cook a tempting brown.

**SCALLOPED CAULIFLOWER**

One cauliflower, 1 tablespoon butter, 1 cup milk, 1 tablespoon **27**  
grated onion, 1 tablespoon flour, 1 beaten egg, salt, cayenne, grated  
nutmeg,  $\frac{1}{2}$  cup breadcrumbs. Wash and cook cauliflower till just  
tender. Separate into pieces. Make a sauce by melting the butter,  
adding the chopped onion and cooking without browning. Then  
add the flour and stir till smooth. Add the milk and stir till boiling.  
Cook for a minute or so, cool slightly and add the beaten egg. Pour  
over the cauliflower and sprinkle with breadcrumbs.

**PINEAPPLE AND HAM**

After soaking 1-inch thick slice of ham in warm water for about **28**  
1 hour, drain and spread with mixed mustard and place in baking-  
dish. Sprinkle ham with sugar and stick with cloves. Cover this  
with pineapple juice. Cook in good oven till tender, then cover with  
pineapple slices and bake again till pineapple is a golden brown.

## SEP

### SPINACH AND CHEESE SOUFFLE

- 29 Two cups cooked spinach, 2 eggs, one-third cup milk,  $\frac{1}{2}$  cup grated cheese, 2 tablespoons butter, 1 teaspoon salt, pepper,  $\frac{1}{2}$  cup breadcrumbs. Beat egg yolks, add milk, melted butter, cheese and seasonings. Cook gently until cheese is melted. Mix with finely chopped spinach and breadcrumbs. Fold in stiffly beaten egg whites. Bake in greased baking-dish in hot oven.

### SAVOURY BROAD BEANS

- 30 Boil 2 cups broad beans in salted water till tender, strain and add to  $\frac{1}{2}$  lb. cooked bacon, cut in small pieces, and 1 cup white sauce not too thick. Heat thoroughly and serve with mashed potatoes.

## OCT

### BREADED ASPARAGUS

- 1 One bunch asparagus, 4 hard boiled eggs, 2 level tablespoons butter, 2 level tablespoons flour, 2 cups milk, 1 teaspoon salt, 1 cup breadcrumbs. Cook asparagus and cut into inch pieces. Make a sauce with the butter, flour, milk and salt. Add chopped eggs to the sauce. Place a layer of asparagus in a casserole, then a layer of sauce. Repeat, cover with crumbs and bake in a hot oven for 20 minutes.

### PUMPKIN SURPRISE

- 2 Take a small round pumpkin and remove outer skin. Put in oven to soften if skin is too hard. Cut a round off top and remove seeds and stringy part. Fill pumpkin with a mixture of mutton scraps, a little seasoning, pepper and salt and some tomato sauce. Replace top, secure, and bake till tender.

### BREAD CAKES WITH SAUSAGES

- 3 Pour cold milk on to any pieces of stale bread and soak for  $\frac{1}{2}$  hour. Season with salt and pepper. Add a well beaten egg and beat well. Fry spoonfuls in hot fat till brown and crisp. Serve with sausages.

### LUNCHEON SCONE SAVOURY

- 4 Split large hot scones and spread with butter. Put together again with a filling of creamed mixed vegetables. Serve at once garnished with parsley and paprika.

### POTATO CASES

- 5 Scrub some rather large potatoes. Cut in halves lengthwise. Scoop out all the middle until a case is formed about  $\frac{1}{4}$ -inch thick. Dry. Fry in deep fat. Fill with any savoury filling.

**STUFFED CELERY**

Well wash and dry some sticks of young celery. Finely grate some tasty cheese and mix with finely-chopped chives and a little thick cream. Fill grooves of celery with mixture and cut into short lengths. Serve hot with buttered cheese crackers. 6

**CHEESE RUSKS**

Cut some stale white bread or rolls into thin slices. Fry in lard till golden brown. Then dip each one quickly into a saucepan of boiling milk, cover with grated cheese, bake in a hot oven for about 5 minutes and serve very hot. 7

**SAVOURY POTATO MARBLES**

Boil tiny even-sized potatoes in their jackets. Hollow out and fill with creamed smoked roe and garnish with chopped hard-boiled egg yolk and chopped parsley. 8

**ASPARAGUS ECLAIRS**

Make chou pastry. Pipe into lengths as for chocolate eclairs. Bake. Cool, fill each éclair with an asparagus tip and cover with mayonnaise. Serve cold. 9

**Chou Pastry:** 1 oz. butter, 2 oz. flour sifted with a pinch of salt, 2 small eggs,  $\frac{1}{4}$  pint cold water. Boil water and butter. Remove from fire, add flour and stir till smooth. Return to fire and stir with wooden spoon till the mixture leaves the side of the saucepan. Cool. Add one egg and beat well, then the other and beat well.

**POTATO AND BEEF SANDWICHES**

Lightly fry, even, not too thick slices of cold corned beef. Spread on each side of the fried slices a thick layer of well-mashed potatoes. Press both sides firmly. Dip prepared slices in beaten egg and breadcrumbs and fry a golden brown in boiling fat. Serve hot. 10

**SAVOURIES ROSAMUND**

Cut thin slices of brown bread and butter and thin slices of cucumber. Trim the bread into rounds the same size as the cucumber. Between two slices of cucumber, put a layer of sardines mashed and flavoured. Put one of these cucumber sandwiches on each round of bread. Put a little dab of mayonnaise and a sprig of parsley on top. 11

**FRUIT AND NUT CANAPES**

- 12 Mince 2 slices of raw ham, add to  $\frac{1}{2}$  cup chopped walnuts and  $\frac{1}{2}$  cup sultanas or raisins. Spread on rounds of bread and top with small pieces of ham. Put in oven till ham is crisp.

**MEXICAN PIE**

- 13 One cup maize-meal, 4 cups boiling water, 1 teaspoon salt. Make a porridge with the maize-meal, salt and water, cooking for about 20 minutes. Make a filling with 1 lb. minced steak, 2 cups tomatoes, 1 small onion, 2 tablespoons fat. Cook the onion in fat, then add the minced meat and sliced tomatoes. Simmer for about  $\frac{1}{4}$  hour. Line a greased dish with half the cooked maize-meal, put in the meat mixture, and cover with the rest of the meal. Bake till brown on top.

**YANKEE PIE**

- 14 Place in a pie-dish 2 cups minced roast meat, a little gravy and pepper and salt. Spread this with fried onions and 2 tablespoons tomato sauce. Top with a layer of mashed potatoes and bake for 30 to 40 minutes.

**EGGS WITH RICE**

- 15 One cup boiled rice, 2 eggs, 1 tablespoon butter, 1 tablespoon grated cheese, salt, pepper. Place the boiled rice on a fireproof dish. With a large spoon, make 2 hollows. Into these place the eggs, sprinkle with salt, pepper, breadcrumbs, cheese, and butter. Bake in a gentle oven till the eggs are set.

**STUFFED SAVOURY BEETROOTS**

- 16 Wash even-sized beetroots without breaking the skins. Cut a slice off the top of each and scoop out a little pulp. Fill hollow with grated cheese, chopped parsley, a little butter and pepper and salt to season. Sprinkle top with breadcrumbs and bake till tender. Serve on young lettuce leaves.

**JELLIED BEETROOT**

- 17 Wash, peel, and cut beetroot into dice. Cover with boiling water and cook rapidly for about 20 minutes. Pour off the liquid, flavour with salt, pepper, vinegar or lemon juice and a little sugar. Add gelatine which has been soaked in cold water, and stir in the hot liquid till dissolved. Use gelatine in the proportion of  $\frac{1}{2}$  oz. to 1 pint liquid. Add the diced beetroot and set in moulds. When set, turn out on to a bed of shredded cabbage or lettuce, and put slices of hard boiled egg around.

## IDEAL SAVOURY

Cut thin slices of bacon into small square pieces and spread with finely-minced seasoned meat. Roll each piece up tightly, dip in a very good batter and fry in hot fat till a nice brown. Serve with fried parsley. 18

## SWEDISH CHEESE SAVOURY

Put 6 ozs. grated cheese and 1 tablespoon cornflour into a saucepan. Mix well, then add a little cayenne, two beaten eggs, 1 tablespoon cream or top milk, and 1 tablespoon melted butter. Stir over slow fire till it begins to thicken, then cool. Make some rough puff pastry (see Sept. 9th). Roll into two equal sized pieces. Spread one with the cheese mixture. Place the other over it. Brush with beaten egg, cut into fingers. Bake for about  $\frac{1}{4}$  hour and serve hot. 19

## BAKED EGGS SUPREME

Butter a shallow pie-dish. Break in carefully to keep yolks whole, as many eggs needed to cover the bottom. Pour in 1 cup of fresh cream, season with pepper and salt, sprinkle with finely-chopped parsley, then bake until cream is set and delicately browned. 20

## ITALIAN SPAGHETTI

Half a lb. bacon or pork chopped finely, 2 onions sliced thinly, small piece of garlic mashed finely, 1 lb. ripe tomatoes peeled, 2 cloves, salt, pepper, 1 teaspoon brown sugar. Fry the meat in a little oil or lard. Add the onion and garlic and fry till light brown. Add the tomatoes and seasonings, and cook gently for 1 hour, stirring frequently. Add a little stock or water if necessary. Cook the spaghetti by putting into boiling salted water and boiling for about 20 minutes. Drain. Put the spaghetti on a hot dish, pour the savoury sauce over, and sprinkle with grated cheese. 21

## CREAMED LOBSTER SAVOURY

Season 1 cup finely-chopped lobster with salt, cayenne and 1 teaspoon lemon juice, mix with  $\frac{1}{4}$  cup thick white sauce, then spread on  $\frac{1}{4}$ -inch thick slices of bread. Cream 2 tablespoons butter and mix with chopped egg white. Spread this over the lobster cream and top with grated cheese. Brown in oven. Cut in fingers to serve and garnish with finely-chopped parsley. 22

## OCT

### POTATO DUMPLINGS

- 23 One lb. cooked potatoes, 2 eggs, 1 oz. melted butter or dripping, 3 ozs. flour, salt and pepper, chopped parsley. Mash the potatoes, add the butter, seasonings and yolks of eggs. Beat well. Stir in the stiffly-beaten whites. Drop in little balls into boiling salted water and cook rapidly for  $\frac{1}{4}$  hour. Serve with savoury mince. They may be allowed to get cold then dipped in egg and breadcrumbs and fried.

### SMOKED FISH SAUCE ON TOAST

- 24 Make a white sauce, not too thick, and add 1 cup flaked smoked fish. Season with pepper and salt and serve on well-buttered toast.

### SCRAMBLED EGGS ASPARAGUS

- 25 Break eggs and beat slightly, add salt and pepper and 1 table-spoon milk to each egg. Add cooked asparagus cut into small pieces. Cook gently with a little butter till just set. Serve on buttered toast garnished with asparagus tips.

### SMOKED ROE SAVOURY

- 26 Skin smoked roe and shave into fine pieces, put in saucepan with a piece of butter and a shake of pepper. Stir well and heat thoroughly. Toast bread slices on both sides, then split through. On the untoasted side of each slice put a little heated roe, roll up, secure with toothpicks and serve hot.

### FORCEMEAT CAKES

- 27 One lb. sausage meat, 1 breakfast cup soft white breadcrumbs, 2 tablespoons grated onion, 1 tablespoon chopped parsley, 1 teaspoon thyme, little grated lemon rind, salt and pepper. Form into flat cakes, adding liquid if needed. Fry in hot fat. Serve on a mound of mashed potatoes, with brown gravy.

### SAVOURY SCONES

- 28 Halve small round scones and butter well. Put together with this savoury mixture: 1 hard-boiled egg chopped with 1 small onion and young chopped parsley seasoned with pepper and salt.

### VEAL MOULD

- 29 Grease a mould, line with hard-boiled eggs, and slices of carrot. Fill with layers of chopped raw veal, chopped ham or bacon and forcemeat. Fill with well-flavoured stock. Cover with a plate and bake slowly for 2 hours. Cool, turn out, and serve with salad.

**OCT****CHICKEN PATTIES**

Finely mince cold cooked chicken. Season with pepper and salt, parsley and onion. Add a little chicken gravy or cream. Fill pastry-lined scallop shells with the mixture, sprinkle with fine breadcrumbs and dab each one with butter. Bake a golden brown in a good oven. **30**

**HALLOWE'EN TOAST**

Cut some slices of bread and toast on one side only. Butter while hot on the untoasted side. Over this pour a well-beaten egg, seasoned with salt and pepper and mixed with 1 tablespoon cream. Heat gently under the griller till set. Serve with grilled bacon, and chopped parsley. **31**

**NOV****ALL SAINTS' SAVOURIES**

Prepare strips of toasted or fried bread, or use small dry biscuits. Make a savoury spread by adding salt and cayenne to whipped cream. Flavour some of the cream with anchovy sauce, some with grated horseradish, some with chopped walnut pickle, and some with chopped capers. Pile on the biscuits and decorate with sliced stuffed olives, and chopped salted almonds. **1**

**SAVOURY ONION PATTIES**

Fry 1 sliced onion lightly in a little butter. Remove from pan and fry 1 sliced tomato in same butter. Add onion and tomato to 1 cup mashed potato, 1 teaspoon grated cheese, 1 tablespoon butter and 1 teaspoon chopped parsley. Season with pepper and salt, then bind with 1 egg, beaten, and 1 dessertspoon flour. Line patty tins with good short pastry and fill with onion mixture. Bake till crust is nicely done. Serve hot. **2**

**PICNIC PIE**

Line a deep tin with pastry, either short or flaky. Cover with chopped bacon, then a layer of cooked green peas, then whole eggs slipped carefully in. Sprinkle with a little more chopped bacon and bake for about  $\frac{1}{2}$  hour in a moderate oven. **3**

**PORK AND APPLE SAVOURY**

Core 4 or 6 apples but do not peel. Stuff apples with pork sausage meat. Place apples in a dish with a little fat and bake until tender. Baste frequently during cooking. Serve each apple with fried rasher of bacon and parsley sauce. **4**

**BONFIRE CROUTES**

- 5 Cut thin slices of German sausage. Place each on a round of fried bread about the same size. Sprinkle with salt, pepper, mustard. Put on a baking dish in the oven till hot. Put a spoonful of scrambled egg on top of each. Sprinkle with paprika.

**COATED SAUSAGES AND PEAS**

- 6 Cut boiled sausages in half and roll in mashed potatoes. Place in a greased pie-dish, dab with butter and bake a tempting brown. Serve with tinned or green peas.

**VEAL AND HAM PIE**

- 7 Cut 1½ lbs. veal into thin pieces and cook in hot bacon fat till brown on both sides. Put into a baking dish, sprinkle with salt, pepper, and ½ lb. finely-chopped ham or bacon. Add 2 hard-boiled sliced eggs. Put in the pan in which the veal was browned ½ cup of stock or water, heat and pour over the meat and eggs.

Making a potato crust by cooking and mashing 1 lb. potatoes, adding salt, pepper, 2 tablespoons dripping, ½ cup flour and if necessary a little milk to make a fairly soft dough. Pat into a flat sheet on a floured board and place over the meat in the baking dish. Brush with milk or egg and milk. Bake in a slow oven for 1 hour.

**RICE AND FISH PATTIES**

- 8 Flake 1 tin of fish and add to 1 cup cooked rice, 1 cup mashed potato, 2 chopped hard-boiled eggs, pinch salt, shake of pepper, 1 tablespoon tomato sauce and 2 tablespoons melted butter. Heat this mixture and put in baked pastry patties and serve hot.

**OYSTER SHORTCAKE**

- 9 Two level cups flour, 2 level teaspoons baking powder, 6 tablespoons shortening, ¾ cup milk or water, ½ teaspoon salt. Sift flour, baking powder and salt. Rub in shortening. Add milk. Put on floured board and pat out. Cut into small rounds with scone cutter. Bake in hot oven about ¼ hour. Split, butter one side. Put oyster mixture between layers and over the top. Serve very hot.

**Oyster Filling:** Two cups oysters, 2 cups milk, 4 level tablespoons butter, 4 level tablespoons flour, salt. Melt butter, add flour, stir in milk, cook till boiling. Add oysters and season well.

**TOMATO AND PINEAPPLE SANDWICH**

Dip  $\frac{1}{2}$ -inch thick slices of tomato and pineapple in seasoned flour, then sauté in hot butter. Place a slice of each on a small round of bread, then cover with another round of bread, then a slice of tomato, a slice of pineapple and lastly another round of bread. Toast both sides of sandwich under griller and serve very hot. **10**

**CREOLE CASSEROLE**

One lb. stewing steak cut into small pieces, few pieces thinly-sliced ham, 1 green pepper finely chopped, 1 chopped onion, 2 small potatoes, peeled and cut in halves, 1 cup tomatoes (fresh or canned),  $\frac{1}{2}$  cup stoned prunes, salt, pepper. Place the meat in casserole with chopped onions, and pepper. Add tomatoes, prunes and ham. Put potatoes on top. Sprinkle each layer with salt and pepper. Cover the dish and cook in slow oven 4 hours. **11**

**SAVOURY CAULIFLOWER PIE**

Fill a well-buttered pie-dish with alternate layers of breadcrumbs, cooked cauliflower, grated cheese and sliced hard-boiled eggs seasoned with mustard, salt and pepper. Make the last layer one of breadcrumbs and pour over all a good white sauce. Dab with butter and bake a tempting brown. **12**

**FRIED CHEESE BISCUITS**

Mix 2 ozs. butter, 3 ozs. flour, 2 ozs. grated cheese, salt, pepper, and cayenne. Moisten with a little water. Roll out thinly. Cut into circles, dip in egg and breadcrumbs, fry in boiling fat till golden brown. Serve very hot. **13**

**ROSEDALE SCONES**

Mix 2 finely-chopped hard-boiled eggs with 1 tablespoon melted butter, squeeze of lemon juice, pepper, 1 tablespoon anchovy or herring paste. Cut unsweetened scone dough into small thin rounds and spread with egg mixture. Put together in pairs and bake in a good oven. **14**

**ASPARAGUS ROLLS**

Cut bread rolls in halves, remove all the crumb, leaving only the thin shell of crust. Make them hot and crisp in the oven or fry in deep hot fat. Have some asparagus cooked and cut into small pieces. Make a white sauce with 2 level tablespoons of butter, 2 level tablespoons flour and  $\frac{1}{2}$  pint milk. Stir in the yolks of 2 eggs, salt, pepper, and nutmeg. Add the asparagus and make very hot without boiling. Fill the cases with the mixture and serve very hot. Reserve some of the tips for garnishing. **15**

## NOV

### RICE SNACKS

- 16 Add 1 cup cold cooked corned beef, minced, to 1 cup of hot boiled rice. Form into rissoles and roll in breadcrumbs. Fry in hot fat and serve with hot tomato sauce poured over and potato chips.

### CHEESE POTATOES

- 17 Cook 4 to 5 potatoes in their skins, peel and mash with 1 tablespoon butter, salt, pepper, 1 beaten egg, and 2 ozs. grated cheese. Add a little milk if needed. Make into round balls, put on a greased tray and bake in a hot oven till browned.

### FLAKED FISH CUTLETS

- 18 Flake 1 cup of cooked fish. Melt 1 dessertspoon butter in a saucepan, stir in 1 dessertspoon flour, add  $\frac{1}{2}$  teacup milk and cook over fire till mixture leaves sides of pan. Add fish and season with pepper and salt. Turn out to cool. Shape into cutlets, dip in beaten egg then in breadcrumbs and fry a delicate brown in very hot fat. Serve with thin slices of lemon.

### MARROW WITH CAPER SAUCE

- 19 Wash marrow, do not peel. Cut into slices about  $1\frac{1}{2}$  inches thick. Take out seeds. Cook carefully till tender, but unbroken. Drain on to hot plate. Fill the centres with a savoury mince filling. Pour over a gravy to which chopped capers have been added.

### AFTER-TENNIS SAVOURY

- 20 Spread rounds of fried bread with butter mixed with a little made mustard. On each, place a round of pork luncheon sausage, top with a circle of small radish rings and in the centre a little chopped gherkin.

### CARROT CRISPS

- 21 Scrub carrots, cut into slices. Cook for 10 minutes in a little boiling salted water. Drain, season with salt and pepper. Dip in egg and bread crumbs. Fry in deep fat. Serve with grilled sausages.

### BACON AND BANANA TOASTS

- 22 Slice bananas lengthwise and sprinkle with a little lemon juice, pepper and salt. After frying rashers of bacon remove from pan, keep hot, and fry prepared banana slices in bacon fat. To serve, place a rasher of bacon and then a slice of banana on each piece of toast. Serve very hot with a thin slice of lemon.

**BAKED ONIONS WITH PEANUTS**

Four large onions, 4 tablespoons dripping,  $\frac{3}{4}$  cup chopped peanuts, salt, pepper, 2 tablespoons brown sugar. Heat the fat in a casserole. Add the sliced onions. Add nuts, sugar, salt and pepper. Cover the dish and bake till the onions are tender and brown. **23**

**TOMATO AND RICE RAREBIT**

Heat 1 cup cooked rice in 2 tablespoons melted butter, add  $1\frac{1}{2}$  cups cooked tomatoes, 1 cup grated cheese, 2 tablespoons mayonnaise and season with a little salt. Heat thoroughly and serve hot on buttered toast. **24**

**SPINACH LOAF**

Measure 4 cups chopped cooked spinach. Add 1 tablespoon melted butter, 1 cup grated cheese, and 1 cup cooked rice. Season with salt, pepper, and 2 tablespoons tomato sauce. Press the mixture into a well-greased loaf-pan, and bake in a slow oven (325 degrees) for  $\frac{1}{2}$  hour. **25**

**STEAMED CHICKEN CREAM**

Mix 1 tablespoon breadcrumbs, 1 cup finely-minced cooked chicken, 1 beaten egg, 1 tablespoon butter, 1 dessertspoon minced onion, 1 dessertspoon chopped parsley with 1 cup hot milk. Season with pepper and salt. Turn into a buttered basin and steam for 20 minutes. **26**

**LAMB AND PINEAPPLE BROCHETTES**

From a forequarter of lamb, cut slices about  $\frac{3}{4}$ -inch thick. Cut these into inch squares. Cut slices of pineapple into pieces about the same size. Put pieces of lamb and pineapple alternately on skewers. Brush with melted fat, and roll in crumbs. Grill till the lamb is cooked. Sprinkle with chopped mint, salt and pepper and serve with crisp toast. **27**

**ORIENTAL SAVOURY PIE**

Line a well-buttered pie-dish with 2 cups minced cold cooked chicken. Finely chop 1 fresh pineapple, sweeten and bring to boil. Blend 1 dessertspoon cornflour with 2 beaten egg yolks and stir into the boiled pineapple. Cook for a few minutes, then pour into lined pie-dish. Sprinkle with cinnamon and cover with the stiffly-beaten egg whites. Add a good pinch salt to whites before beating. Lightly brown meringue in oven. **28**

## NOV

### TOMATO AND NUT PUDDING

- 29 Four cups tomatoes, 1 cup chopped nuts, 1 cup of breadcrumbs,  $\frac{1}{2}$  cup butter or bacon fat, salt, pepper. Peel tomatoes and cut up enough to make 4 cups. Brown the crumbs in the butter. Put alternate layers of tomatoes, crumbs, and nuts in a casserole or pie-dish, crumbs being the top layer. Bake in a moderate oven for about  $\frac{1}{2}$  hour.

### SAUTEED HEART AND CHIPS

- 30 After cleaning a calf's heart, slice and soak in salted water for  $\frac{3}{4}$  hour. Drain and dredge slices with flour, then fry in butter for 20 minutes. Serve on buttered toast with potato chips.

## DEC

### PORTUGUESE TOAST

- 1 Two cold cooked sausages, 2 tablespoons boiled rice, 4 tablespoons tomato sauce, 1 teaspoon Worcestershire sauce, 2 slices buttered toast. Heat the rice in the sauce. Make the toast. Cut the sausages into slices and arrange on the toast. Pour the sauce over and serve very hot.

### GREEN BUTTER SAVOURY

- 2 Add 2 tablespoons boiled parsley to  $\frac{1}{4}$  lb. butter and a little anchovy paste. Form into rolls and serve with cheese and thin crisp toast or crackers.

### CHEESE PIE

- 3 Two cups grated cheese, 2 stiffly-beaten whites of egg, salt, cayenne, a slice of bread 2 inches thick. Hollow out the middle of the bread to form a case. Fold the cheese into the beaten whites, season, and heap up inside the case. Bake for about 10 minutes in a hot oven, and serve at once.

### BACHELOR TOASTS

- 4 Butter 6 slices toast and keep hot. Poach as many eggs and keep hot. Cook  $\frac{1}{2}$  cup of ale with 1 cup grated cheese and salt and pepper to season. Pour on to toast, place an egg on each piece and serve piping hot.

### SAUSAGE APPLES

- 5 Choose round tart apples. Wash, core, and hollow out. Fill with well-flavoured sausage meat. Score the apples round so that they will not break. Cook in a greased dish in a moderate oven. Put a sprig of parsley in the top, and place each on a round of fried bread.

## CANAPES SUPREME

Pound together until smooth, some ham, tongue, cheese, butter, chicken, mustard and a dash of cayenne. Spread paste on fried bread canapés and decorate each one with strips of gherkins and hard-boiled egg white. Serve cold. 6

## MACARONI CROQUETTES

Make a thick white sauce with 2 level tablespoons butter, 2 level tablespoons flour, 1 cup milk. Add 2 ozs. grated tasty cheese, 4 tablespoons cooked macaroni, salt, pepper, and a little chopped parsley or grated horseradish. Make into little cakes. Dip in egg and breadcrumbs, and fry in deep hot fat. 7

## CROUTES ALEXANDRA

Cut slices of fried bread into small rounds and spread generously with puree of ham. Top each croûton with half a drained pickled walnut. Serve hot or cold. 8

## FISH CHARTREUSE

One cup cold cooked fish, 1 cup mashed potatoes, 2 hard-boiled eggs, 2 tablespoons butter. Mix all ingredients, add enough milk to moisten well. Pour into greased mould. Bake in moderate oven. Serve with sauce of cooked sieved tomatoes. 9

## SMOKED ROE CANAPES

Add 2 tablespoons butter to 2 tablespoons smoked roe and pound well together. Season with cayenne and spread on small brown bread slices. Garnish with finely-chopped parsley. 10

## SAUSAGES IN BLANKETS

Prick sausages, and cook. Coat each with well-flavoured mashed potato mixed with a beaten egg. Roll in crumbs and fry. Serve with hot tomato sauce. 11

## CRUMBED COCKTAIL SAUSAGES

Dip midget sausages in beaten egg, then in breadcrumbs and bake a golden brown, basting with butter. Serve hot on toothpicks. 12

## DEC

### CHICKEN AND OYSTER PIE

- 13 Melt 2 tablespoons butter, add 2 level tablespoons flour, then 1 pint of milk or chicken stock. Stir till boiling. Flavour with salt and pepper. Stir into this  $\frac{1}{2}$  cup oysters, 2 cups chopped cooked chicken or rabbit, and 1 cup cooked green peas. Put in a casserole. Place a round of pastry on top and bake in a fairly hot oven for half an hour.

### SPECIAL FISH ROLLS

- 14 Wrap small pieces of raw fish in thin strips of bacon and place in a well-buttered pie-dish. Make a stock from the fish trimmings. Melt 1 tablespoon butter in a saucepan, stir in 1 tablespoon flour and gradually  $\frac{1}{2}$  cup milk. Season with pepper and salt, add 1 teaspoon grated cheese, 1 teaspoon chopped parsley and  $\frac{1}{2}$  cup of the fish stock. Pour this over rolls in pie-dish, cover lightly with bread-crumbs, dab with butter and bake about 30 minutes.

### EGG PUFFS

- 15 Separate whites and yolks of eggs. Beat whites stiffly with salt and cayenne. Place the whites on slices of buttered toast, hollow the centres and slip in the yolks. Put salt, pepper and a little butter on each yolk. Bake in moderate oven for a few minutes.

### COCKTAIL CROQUETTES

- 16 Make small chicken croquettes and serve very hot on toothpicks with buttered crackers.

### JELLIED SALMON

- 17 One small tin salmon, 1 cup diced celery, 1 cup cooked green peas, 1 pint aspic flavoured with lemon juice, salt and cayenne. Flake the salmon, mix with the celery and peas. When the aspic is beginning to set, stir in the fish mixture and allow to set. Turn out and serve with slices of cucumber.

### EGG AND ROE FINGERS

- 18 Rub through a sieve 2 hard-boiled eggs and add to  $\frac{1}{2}$  cup soft smoked roe. Mix with 1 teaspoon cream and a little soft butter. Season with salt and cayenne, then spread on narrow fingers of toast.

### EGGS VIRGINIAN

- 19 Mix  $\frac{1}{4}$  cup breadcrumbs with  $\frac{1}{4}$  cup chopped nuts. Grease a shallow dish and sprinkle with half the mixture. Slip 4 eggs on top, pour  $\frac{1}{2}$  cup gravy or brown sauce over, sprinkle with the other half of the crumb and nut mixture, and bake gently till the eggs are set. To make brown sauce, melt  $\frac{1}{2}$  tablespoon butter, add  $\frac{1}{2}$  tablespoon flour and stir till browned, add  $\frac{1}{2}$  cup stock and stir till boiling.

## TOMATO RAREBIT

Cook 2 tablespoons flour in 1 tablespoon melted butter, add  $1\frac{1}{2}$  cups cooked tomatoes, 1 cup grated cheese,  $\frac{1}{4}$  cup mayonnaise and salt to season. Heat thoroughly and just before serving on hot buttered toast add 1 tablespoon chopped parsley. 20

## CHEESE SNAPS

Cream together  $\frac{1}{2}$  cup butter, and 3 ozs. grated tasty cheese. Into this knead 1 cup of plain flour sifted with salt and cayenne. Roll out to one-eighth inch thickness. Sprinkle with paprika and grated cheese. Bake in a hot oven for about 12 minutes. Serve hot with salad. 21

## AFTERNOON TEA SAVOURIES

Butter water crackers and place a thin slice of skinned tomato on each one. Top with a dab of soft cream cheese and garnish with finely-chopped parsley. 22

## CURRIED LOBSTER SALAD

One lobster, 1 cucumber. For the dressing, 4 tablespoons salad oil, juice of  $\frac{1}{2}$  lemon, 1 teaspoon minced shallot, 1 teaspoon curry powder, 2 teaspoons chutney, salt and pepper, mixed well together. Remove the meat from the lobster and cut into pieces. Peel the cucumber and slice thinly. Mix the dressing lightly with the lobster meat. Serve on lettuce leaves surrounded by the cucumber rings which have been sprinkled with paprika. 23

## KIDNEY PUFFS

Finely chop 2 sheep's kidneys and 1 small onion. Put into basin, sprinkle with salt and pepper, stir in 1 breakfast cup flour, 1 teaspoon baking powder and enough milk to make a batter which will just drop from a spoon. Drop tablespoon lots into boiling fat and cook a nice brown. Drain and serve hot with mushroom ketchup. 24

## YULE LOGS

Cut slices of fresh brown bread very thinly. Spread with butter or salad dressing. Spread with savoury fillings, such as chopped devilled almonds, creamed cheese mixed with diced celery, minced ham mixed with sweet pickle, mashed asparagus, raisins chopped with nuts, peanut butter mixed with mashed banana, brain and walnut, egg and curry, chopped olives, etc. Roll up firmly. Press into shape. Roll in chopped devilled almonds. 25

## DEC

### FRUIT AND NUT SAVOURIES

- 26 Mix well together, 1 cup minced liver, 2 tablespoons chopped walnuts,  $\frac{1}{2}$  cup seeded raisins, juice of 1 lemon, and a good pinch salt. Stuff cored, unpeeled apples with the mixture, place in buttered dish with a little water and bake till tender. Serve with a slice of grilled bacon.

### TOMATO RAREBIT

- 27 Half lb. grated cheese, 1 cup tomato juice or tomato soup,  $\frac{1}{2}$  teaspoon salt, pinch soda. Heat the tomato juice, add a small pinch of soda, add the grated cheese and cook very gently till cheese is melted and smooth. Serve at once on toast or dry biscuits.

### ANCHOVY OVALS

- 28 Toast small ovals of bread and spread with anchovy butter. Finely flake some cooked fish and mix lightly with finely-chopped parsley. Pile on prepared toasts and serve.

### TOMATO TOAD IN THE HOLE

- 29 Six firm tomatoes, 1 tablespoon chopped parsley, 1 pint milk, 3 eggs, 1 tablespoon melted butter, 2 tablespoons breadcrumbs,  $\frac{1}{4}$  lb. flour, salt and pepper. Wash the tomatoes, peel them if wished, and scoop a little pulp from the middle of each. Fill with stuffing made with the breadcrumbs, melted butter, chopped parsley, salt and pepper. Place the tomatoes in a greased baking-dish. Have ready the batter made with the flour, eggs, milk, and pinch of salt. Pour the batter over the tomatoes. Bake in a moderate oven for from  $\frac{3}{4}$  to 1 hour. Cut into squares, and serve with rolls of bacon.

### PINEAPPLE AND CHICKEN SAVOURY

- 30 Chop finely 1 cup cold cooked chicken, then mix with  $\frac{1}{2}$  cup crushed pineapple and  $\frac{1}{2}$  cup mayonnaise. Serve spread between thickish slices of fresh bread. Top each sandwich with a rosette of thick mayonnaise decorated with 6 or so cooked green peas.

### OLD YEAR BELL SALAD

- 31 Fill the hollows of preserved pears with a mixture of cream cheese and chopped nuts. Place another pear half over the top. Place a red cherry to represent the clapper of the bell. Place a strip of angelica or green pepper to represent the handle of the bell at the top. Place on shredded lettuce and serve with dressing.

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